

A study on the nutritional status of obese women and associated risk factors

SHALINI SEN AND ARTI SANKHLA

The present study was undertaken to assess the anthropometric, biochemical parameters and dietary intake of the obese females in the age groups of 30-40 years. Forty females with body mass index (BMI) of 25-30 kg/m² were selected from Udaipur city. The results of this study showed that study subjects had higher waist-hip ratio (WHR), body fat per cent, fat mass, low density lipoprotein (LDL-C) level while total body water, fat free mass and high density lipoprotein (HDL-C) level were lower than normal range. The mean cholesterol, triglyceride (TG) and glucose levels of the females were reported to be in the normal range. The majority of the subjects were found to suffer from mild anemia. The study concludes that the major causes of the obesity among females were unhealthy dietary habits (high intake of energy, fat and, sugar whereas intake of fiber and protein was low) and sedentary life style.

Key Words : Obesity, Biochemical parameters, Fat free mass, Fiber

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INTRODUCTION

Health is a dynamic life process, which begins at birth and is governed by genetic and environmental factors throughout life. Now a days, due to sedentary lifestyles and industrialization several health problems have crept into people's life among which obesity is predominates (Vijayalakshmi *et al.*, 2003).

Obesity is a multifactorial disease, which is defined as increased fat tissue of the body to above normal level. The prevalence of obesity is increasing in most parts of the world, not sparing any age and sex group. Moreover, obesity is no longer just a concern for developed countries, but it is becoming an increasing problem in many developing countries. Globally, there are more than 1 billion overweight adults, at least 300 million of them obese (WHO, 2010).

Economic growth, modernization, urbanization and

globalization of food markets are just some of the forces that are thought to underlie the epidemic. As income rises and population become more urban, diets high in complex carbohydrates give way to more varied diets with a higher proportion of fats and sugars. At the same time, major shift towards less physical activity is also found in the increasing use of automated transport, technology in the home and more passive leisure pursuits. The major health consequences associated with obesity are non – insulin dependent diabetes mellitus, cardiovascular diseases, gout, gall stones, renal diseases, osteoarthritis, psychological problems, mechanical disabilities and certain types of cancer.

Considering all these points, the present piece of research was undertaken to assess anthropometric and biochemical parameters of obese women.

METHODOLOGY

The methodology followed during the course of conduction of work has been explained under the following heads:

Locale of the study:

The study was conducted within the municipal limits of Udaipur city to ensure maximum contact with the

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