

PREVALENCE OF OBESITY AMONG STUDENTS IN GOVERNMENT MEDICAL COLLEGE THIRUVANANTHAPURAM 2005

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Abstract

We have conducted this study to find out the prevalence of overweight and obesity among medical students in Government Medical College, Thiruvananthapuram. It was a descriptive study done among 385 students of 2003 and 2005 MBBS batches. Weight, height and waist & hip circumference were measured and relevant data was collected by questionnaire method. Using this data we calculated BMI and WHR. Those students who did not give consent and who were absent were excluded from the study. Duration of our study was five weeks.

Among the study population (385 students) 23.1% of the students are overweight or pre obese and 1% are moderately obese. The surprising result of the study was that 7.5% of the population was underweight.

Among the overweight students, 39.2% of the male students and 46.6% of the female students have both father and mother obese.

The study reveals that 37.61% of the student population has no physical activity. 34.57% has walking as a physical activity.

62.24% of overweight/obese students have the habit of eating between meals.

It is evident from the study that consumption of fast food among overweight/obese is high compared to the rest of the study population. 30.61% of obese/overweight consumes fast food at least once daily. Among the rest of the study population, 47.17% consume fast food only once in a week. It was found that there is an association between the increasing frequency of consumption of fast food and obesity.