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A descriptive study to assess obesity and selected food habits among adolescents at Pune

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Abstract:

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health leading to reduced life expectancy and/ or increased health problems.The purpose of the study is to assess obesity and selected food habits among adolescents with a view to provide data regarding the prevalence of obesity. The descriptive approachwas considered appropriate for the present study as it is aimed to assess the obesity and selected food habits among adolescents. Non-Experimental Research Design is used in the present study.50 participants were selected with the help of purposive sampling technique. The tool was prepared to identify obesity and selected food habits. The results showed that maximum adolescents preferred junk food. More than 28% of adolescents preferred canteen food.28% of adolescents were unhealthy out of that 22% were males. It is concluded and recommended that obesity is dreadful condition and hence to be take care at early stage only. Therefore awareness programs should be executed to prevent this.

Key words: Obesity, Food Habits, Adolescents,

INTRODUCTION

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health leading to reduced life expectancy and/ or increased health problems. Body Mass Index (BMI) is a measurement which compares weight and height. It defines people as overweight if their BMI is between 25 and 30 kg/ m^2, and obese when it greater than 30 kg/ m^2 For the first time, the number of overweight individuals around the world rivals the number, who are underweight. Developing nations have also joined the ranks of

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countries troubled by obesity. In 1999, the United Nations (UN) survey found obesity is growing in all developing regions, even in the countries beset by hunger. Figures on the global prevalence of childhood obesity have been complied by the WHO where several developing countries such as Nicaragua, Brazil, Antigua, Zambia, Venezuela and Peru showed a prevalence rate of over 2 percent and countries such as Barbados, Honduras, Lesotha, Bolivia, Tunidad and Tobago, Iran and Maurititius have a more than 4% prevalence while Jamaica and Chile top the list with a 10% greater prevalence rate in preschool children. According to this database with WHO, India has a preschool child obesity prevalence of about 1 percent.

Obesity can occur at any age and generally increased with age. Infants with excessive weight gain have an increased incidence of obesity in later life. Childhood obesity is often the result of an interplay between many genetic and environmental factors. Polymorphism in various genes controlling appetite and metabolism predispose individuals to obesity when sufficient calories are present.This is the need of today to explore more the prevalence, risk factors and deleterious effects of obesity.

Problem Statement

A descriptive study to assess obesity and selected food habits among adolescents at Pune

Purpose of the Study

The purpose of the study is to assess obesity and selected food habits among adolescents with a view to provide data regarding the prevalence of obesity.

Objectives of the Study

- To identify the prevalence of obesity among adolescents
- To assess food habits among adolescents.
- To determine the association of obesity among adolescentswith socio-demographic variables.

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METHODOLOGY

The **descriptive approach** was considered appropriate for the present study as it is aimed to assess the obesity and selected food habits among adolescents. Non-Experimental Research Design is used in the present study.50 participants were selected with the help of purposive sampling technique. The tool was prepared to identify obesity and selected food habits. An extensive review of literature, expert's opinion, the investigator's professional experience and informal interviews of students provided the basis for construction of tool.Analysis of data was done in accordance with the objectives of the study. Study was done by using the descriptive and inferential statistics as calculated by frequency, percentage, mean score, standard deviation and Karl Pearson's correlation, chi-square test, BMI of school students assessed as per percentiles in order to assess the obesity and selected food habits.

Results

Section-I : Sample Characteristics

Majority (84%) were from the age group 11 -12 years followed by the age group 12-13yrs (2%). Majority (78%) of students were males and females were (32%). Most of Students were from Urban areas (88%) and only (12%) were from Rural areas. Regarding their religion about (82%) were from Hindu religion .Half (52%) of students were from nuclear family and (48%) were from joint families.

Majority (70%) of students have 2 siblings followed by (22%) subjects followed by (22%) subjects having more than 2 siblings and only (8%) have one sibling. **SECTION-II :**

Table no. 1: P**revalence of obesity among school students.**

S.No.	BMI	Percentile	n	%age
1.	Under Weight	$> 5^{th}$	5	10
2.	Healthy Weight	5^{th}upto 85^{th}	34	68
3.	Over Weight	85^{th} to $< 95^{th}$	7	14

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4.	Obese	= or > 95th	4	8

The above table represents that 68% of the students whose percentile is 5thupto 85th are having the BMI of healthy weight and only 8% of the students whose percentile is equal to or more than 95th, are being BMI of obese category.

SECTION III- Food Habits among School Students.

Table 2: Fad Diet Scale

N=150

Sr . no.	Canteen items	Never n(%)	Sometimes n(%)	Always n(%)
1.	Biscuits	9 (18%)	33(66%)	8(16%)
2.	Chocolate	6 (12%)	32(64%)	12(24%)
3.	Toffees	4(8%)	34(68%)	12(24%)
4.	Weffers	28(56%)	18(36%)	14(8%)
5.	Kurkure	7(14%)	30(60%)	13(26%)
6.	Chips	5(10%)	33(66%)	12(24%)
7.	Fun pops	11(22%)	29(58%)	10(20%)
8.	Bhel-puri	20(40%)	26(52%)	4(8%)
9.	Samosa	10(20%)	34(68%)	6(12%)
10.	Spring roll	17(34%)	29(58%)	4(8%)
11.	Patty	11(22%)	36(72%)	3(6%)
12.	Ice gola	17(34%)	25(50%)	8(16%)
13.	Icecream	9(18%)	27(54%)	14(28%)
14.	Tea	18(36%)	10(20%)	22(44%)
15.	Cold drinks	7(14%)	31(62%)	12(24%)

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The table represents that maximum no. of students (66%) sometimes eat biscuit and only (18%) are the students who have never ingested the biscuits and mere (16%) of the students are always in the habit of eating biscuits.

The table depicts that maximum of students (60%) and (66%) sometimes eats kurkure and chips respectively. Only (14%) and (10%) are the students who have never ingested the same respectively. Rest (26%) and (24%) of the students are always in the habits of eating kurkure and chips respectively.

The table assays that maximum (52%) of students sometimes eat bhel-puri and (40%) are the students who have never ingested bhel-puri and mere (8%) of the students are always in the habit of eating bhel-puri.

The table shows that maximum number of students 34(68%) respectively sometimes eat samosa's. Only (20%) of students have never ingested same. Rest (12%) always eat the same.

The table depicts that maximum (58%) of students sometimes eat spring roll while (34%) never eat the same rest (8%) of students always eat the same.

The table represents that maximum (72%) of students sometimes eat patty and only (22%) and (6%) of students never and always eat the same respectively.

The table shows that maximum (44%) of students are always in the habit of having tea. Only (36%) are the students who never taken tea. Rest (20%) of the students sometimes take the same.

Table 3: Times of food taken in a day by adolescents

S. No	Time of food taken	Frequency (n)	Percentage(%)
1.	Three times only	32	64%
2.	More than three times	6	12%
3.	Less than three times	13	24%

Table 3 shows more than half (64%) students take food three times a day followed by (24%) students who take food less than three times in a day and (12%) students who take more than three times food in a day.

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Table 4: Type of lunch preferred

S. No	Type of lunch Preferred	Frequency (n)	Percentage (%)
1.	Homemade	36	72%
2.	Canteen snacks	14	28%

Table 4 shows that about 3/4th (72%) of students prefer homemade lunch in school and 1/4th (28%) students prefer canteen snacks in school.

Table 5 : Means of transport used by School Students for coming to School.

S.No	Means of transport used	Frequency (n)	Percentage (%)
1.	Walking	2	4%
2.	Bicycle	6	12%
3.	Private vehicle	42	84%

Table 5shows that more than 3/4th (84%) students come to school private vehicle (car, bike) and rest (12%) and (4%) come by bicycle and by walking.

Section IV:Association of obesity and socio demographic variables

Maximum (84% are from age group 11-12 yrs from which 56% students have normal weight but still 28% students are unhealthy. More than 3/4th (78%) students are males out of which 48% students have normal weight and rest of 22% are unhealthy.About 88% students are from urban areas out of which 58% students have normal weight and rest are unhealthy.About 48% of students are from joint family from which 30% have normal weight and rest of 18% are unhealthy. More than 2/4th (52%) students are from Nuclear family from which 38% students have normal weight and rest of 14% are unhealthy. Maximum (70%) of students have two siblings out of which 48% students have normal weight and rest of 22% students are unhealthy.

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Conclusion

Children are the one who are very much attracted towards the foods available in school. They are not aware that these foods can cause obesity. They are only concerned about their taste. Bad food habits lead to assess the effect of food habits on obesity..

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