
Childhood Obesity Among Punjabi Children in Relation to Physical Activity and Their Blood Profile

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ABSTRACT The study included 60 subjects comprising equal number of male and female of 7-9 years of age from three public schools in Ludhiana city. The subjects who were 20% above the normal weight for age were selected. A diary of the physical activity of each subject was recorded. A significant difference ($P < 0.01$) was observed in light activity in male and female subjects. The results indicated that low physical activity level (PAL) leads to overweight or obesity in the subjects. A significant difference ($P < 0.05$) was found in PAL of male and female subjects. TV viewing was positively and significantly correlated ($P < 0.05$) with sweets and snacks intakes among male and female subjects. While a positive and negative significant correlation ($P < 0.01$) was found in soft drink / juice intake and moderate physical activity, respectively of the subjects of both the sexes. Biochemical analysis like glucose and lipid profile were performed by standard methods. Blood pressure of each subject was on higher side. A significant difference was found in total cholesterol ($P < 0.05$), HDL-C and LDL-C ($P < 0.01$) of the male and female subjects.

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