

Prevalence of Overweight and Obesity among Adult Urban Females of Punjab: A Cross-Sectional Study

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ABSTRACT In the present study, an attempt has been made to report the prevalence of overweight and in 1,000 adult urban females of Punjab. For the assessment of overweight and obesity, the height and weight measurements were taken on each subject. The prevalence rate of malnutrition was calculated according to the critical limits of BMI. The observation reveal that the prevalence rate of overweight and obesity in the present sample is twenty and 25.3 percent respectively.