



## Overweight and Obesity Among Adult Bengalee Hindu Women of Kolkata, India

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**KEYWORDS** Overweight. Obesity. Body Mass Index. Percent Body Fat. Waist Circumference. Waist Hip Ratio. Bengalee. Women.

**ABSTRACT** Obesity has appeared as the most prevalent serious public health challenge in the new millennium. It is continuously increasing at an alarming rate throughout the world and dispersing as an epidemic that threatens global well being. At present, it is estimated that there are more than 250 million people world-wide who are affected by obesity, equivalent to 7% of the adult population. Obesity is the most common nutritional disorder in the developed as well as developing countries. It is the result of an incorrect energy balance leading to an increased storage of energy mainly as fat. Certain detrimental effects to health are attributed to obesity and it may develop at any age in either sex. Several factors may contribute to the development of obesity. Regardless of its cause, obesity may be associated with a variety of risks. There are numerous studies worldwide that have dealt with obesity and its economic and health costs. However, information on the prevalence of obesity among different ethnic groups of India is scanty. The present investigation is an endeavor to understand the obesity situation among adult Bengalee Hindu women. It also attempts to compare the levels of overweight and obesity among adult Bengalee Hindu women with those reported in other studies from India and abroad. Result revealed that the overall frequency of obesity (BMI 30.00) is moderately high (17.45%) but the frequency of overweight (BMI 25.00 - 29.99) is alarming (37.24%) among the studied sample.

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