



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

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KEYWORDS Overweight. Obesity. Body Mass Index. Punjabi Females.

ABSTRACT In the present study, an attempt has been made to report the prevalence of overweight and obesity 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 observations reveal that the prevalence of overweight and obesity in the present sample is 20.0 and 25.3%, respectively.

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