

## **Assessment of Overweight and Underweight among School Going Children in Chitradurga, Karnataka**

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**Abstract : Background:** Obesity is defined as the abnormal growth of adipose tissue due to enlargement of fat cells size or increase in their number or a combination of both. The goal of the study is to assess the prevalence of overweight, underweight, normal weight and obese children in chitradurga and also include assessment of overweight and its risk factors.

**Methods:** This is a prospective multi-centric study carried out on two government and two private schools of chitradurga for a period of six months. 355 students effectively interviewed by predesigned questionnaire regarding Socio-demographic profile ie , age, diet, life style practices like the physical activity questions designed to asses typical time spent per day on games and outdoor activity, on sedentary activities, including television viewing, study time, transportation to school etc.

**Result:** Total 355 students enrolled for the study, among them 196 (55.2%) were females and 159 (44.8) were males. In this prevalence of overweight is 19(5.4%), underweight 170 (47.8%), normal weight 161 (45.6%) and obese is 5 (1.5%) respectively.

**Conclusion:** Underweight, overweight, and obesity are prevalent in several regions of Chitradurga, indicating a village level dual burden. A variety of variables are associated with overweight, including physical inactivity, sedentary life changes, television use, and diet etc.

**Keywords:** Overweight, Obese, Risk factors, BMI.

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