



Prevalence of Overweight and Obesity Among the Rural Populations of Andhra Pradesh

P. Venkatramana, P. Chandrasekhar Rao, P. Annaiah, P. Madhavi and P. Chengal Reddy

KEYWORDS Overweight. Obesity. Rural Populations. Andhra Pradesh

ABSTRACT To understand the prevalence of overweight and obesity, a population based survey has been carried out among three populations. Among these Kammas (n=296) belong to high socio-economic group whereas the Kaikalas (n=202) and the Malas (n=286) are socio-economically poor. The body mass index (BMI) and waist hip ratio (WHR) were measured. BMI refers to overall obesity whereas WHR refers to abdominal obesity. The prevalence of overweight/ obesity is higher in the Kammas (18%) compared to the low socio-economic populations viz., the Kaikala (12%) and the Mala (9%). The results of the present study indicate the increasing trend of overweight compared to the earlier studies conducted on the populations of Andhra Pradesh. The prevalence of WHR is low among all the three populations. Interestingly, with the increase of mean of BMI, the mean of WHR also increases. This shows that the WHR is showing an increasing trend. However more studies on the prevalence of overweight and obesity are recommended among the different Indian populations with contrasting socio-economic and ethnic backgrounds.

Authors' Address: Dr. P.L Venkatramana, P. Chandrasekhar Rao, P. Annaiah, P. Madhavi and P. Chengal Reddy, Department of Anthropology, Sri Venkateswara University, Tirupati 517 502, Andhra Pradesh, India
E-mail: pvrmana365@yahoo.co.in and pvrmana35@epatra.com