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Anthropometric Profile and Adiposity in the Obese Punjabi Children and Their Parents

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ABSTRACT The study included 60 subjects comprising equal number of male and females of 7-9 years of age from three public schools in Ludhiana city. The subjects who were 20% above the normal weight for age were selected. The anthropometric measurements of the subjects and their parents' were measured. Results indicate that female subjects were more obese as compared to the male subjects. The parental obesity was found as the important risk factor of childhood obesity. A significant correlation ($P < 0.1$) was observed in the BMI of male subjects with the BMI of father and mother respectively. Similarly a significant correlation ($P < 0.1$) was found in the BMI of female subjects with the BMI of father only.