

Prevalence of Overweight and Obesity in Preschool Children of Amritsar, Punjab

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ABSTRACT In the present study, an attempt has been made to report the prevalence of overweight and obesity in preschool children of Amritsar. A total of 1,745 children (875 boys and 870 girls) ranging in age from 2 to 5 years were measured for height and weight, and body mass index (BMI) was calculated. Overweight and obesity were assessed using international criteria of BMI. The overall prevalence of overweight and obesity was 6.42% and 2.00%, respectively, in the children of Amritsar. 6.85% boys and 5.97% girls were overweight, and 2.06% boys and 1.95% girls were obese. The levels of overweight and obesity among preschool children of Amritsar (Punjab) were lower than the preschool children of developed countries.