

Prevalence of Overweight and Obesity among the Meitei Adolescent of Manipur, India

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KEYWORDS BMI. Height. Imphal. Lifestyle. Weight

ABSTRACT The obesity has become a global epidemic. Therefore, the prevalence of overweight and obesity among the Meitei adolescent in Manipur has been studied. A cross-sectional study of 540 subjects was done during November 2009 to August 2010 in the urban area of Imphal, Manipur. Data on height and body weight were collected. Body mass index (BMI) for each subject was calculated. Prevalence of overweight and obesity are evaluated using both the Asian cut-off point and WHO International standard. Overweight (5.46%) and obesity (1.17%) among boys and overweight (6.69%) and obesity (0.36%) among girls are reported when assessment is done by using Asian cut-off point. When the BMI was assessed according to the WHO standard, 3.12 percent of boys and 3.87 percent girls are found to be overweight. The present study shows an increase in the prevalence of overweight and obesity among the Meitei adolescent. The possible reason could be changes in dietary intake and an increasingly sedentary lifestyle.