

Growing Obese in Manipur: Relationship between Age and Obesity among the Meitei Males of Manipur, India

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ABSTRACT The present study was conducted to find the prevalence of obesity with advancing age among the Meitei adult males aged 14-60 years of age. A cross-sectional data was collected from 606 participants following a house-to-house visit. The prevalence of overweight and obesity were evaluated by using both WHO standard values and Asian cut-off points. Out of 606 participants, 10.89 per cent was found to be overweight and 1.65 per cent obese when the assessment was done using WHO standard. Using Asian cut-off point, the prevalence of overweight and obesity were found to be 16.83 per cent and 5.12 per cent respectively. The study also showed that prevalence of overweight and obesity increases along with advancing of age. Sedentary lifestyles and inactive physical activities could be the main reasons for the higher prevalence of overweight and obesity in the older age groups.