

Prevalence of Overweight and Obesity among Meitei and Ao Naga Adolescents

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ABSTRACT The present study was conducted among Meitei and Ao Naga adolescent boys of Manipur and Nagaland respectively. A cross-sectional data was collected on 256 Meitei adolescent boys and 188 Naga adolescent boys aged 14-18 years from the urban areas of Imphal and Mokokchung respectively. Body mass index (BMI) for each subject was calculated. Prevalence of overweight and obesity was evaluated using the international cut off point. The prevalence of overweight (3.51%) and obesity (1.59%) was found to be higher among Meitei adolescent boys. The possible reason could be the difference in urban settings, geographical locations and socio-economic development. The other possible reasons could be explained by changing lifestyles, physical activities and patterns of food habits adopted by these two populations.