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Health Condition of Traffic Police Personnel in Nagpur Division of Maharashtra, India

Prafull Kumar Sahu¹ and Farhad Mollick²

*Department of Anthropology, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya,
Wardha 442 001, Maharashtra, India*

E-mail: ¹<Prafullsahu92@gmail.com>, ²<farhad.mollick@gmail.com>

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ABSTRACT Overweight and obesity is a medical condition in which abnormal or excess body fat has accumulated to an extreme that may harm health and reduce life expectancy. It may increase the risk of hypertension, diabetes mellitus, cardiovascular disease and musculoskeletal disorder. The investigation has been conducted to assess overweight and obesity and understand its relation with the morbidity pattern in traffic police personnel. The present investigation has been conducted in the Nagpur division among 277 traffic police personnel, including both male and female police personnel. Information has been collected through an interview schedule. The study shows that more than 50 percent of traffic police personnel are overweight, and 17 percent are obese. Between male and female traffic police personnel, there is a significant difference in BMI ($\chi^2=14.069$, $df=3$, $p=0.003$). Forty percent of traffic police personnel suffer from musculoskeletal disorders, cardiovascular disease, and diabetes in 11 percent of traffic police personnel.