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2<sup>nd</sup> National Conference of SSNEH on Obesity



# @Beacon

"A Journey From FAT to FIT"

7<sup>TH</sup> OCTOBER 2018 (SUNDAY)

2018

Theme: "Current Trends and Treatments for Obesity and Related Chronic Diseases"



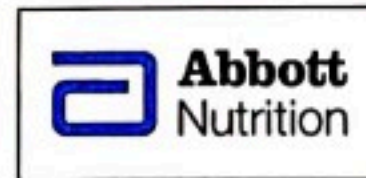
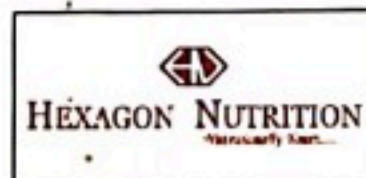
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# A Study on the causes & Consequences of Obesity Among Women in Muzaffarpur District

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Enlargement of fat cell size or increase in fat cell number or combination of both cause abnormal growth of adipose tissue this results in obesity. Obesity is expressed as Body mass Index (BMI). It is prevalent form of malnutrition. obesity is health hazard reflected in the morbidity & mortality. It lowers life expectancy.

In light of this situation, the present investigation” A study on the causes and consequences of obesity among women in Muzaffarpur district with following specific objective was proposed.

1. To study the causes of obesity.
2. To study the consequences of obesity.

**Material & Methods :-** The study was conducted in Gobardhanpur village of Mushahari block from Muzaffarpur district. One hundred respondents were selected randomly to study above mentioned objectives. The data was collected with the help of pretested structured interview schedule selecting dependent & independent variables. The statistical methods adopted to draw meaningful inferences were percentage & frequency. The important finding emerged out of the study are discussed below.

**Result & Discussion :-**

**Obesity Related Diseases:-**

Sixty five percent were suffering from obesity out of which thirty five percent were from 30-45 years of age. Thirty five percent(35%) respondents were suffering from hypothyroidism out of which 20% were from age group 30-45 years. Less than one third of respondent (i.e 30%) were suffering from B.P & Sugar. Respondent (15%) who suffered from B.P were age group 45-60 years. Fifteen percent respondent from both group 45-60 years and 60-75 years were having sugar.

**Dietary Pattern & Life Style :-**

Only 35% respondents were performing physical activities. Thirty percent were having impact of media on food consumption. Thirty percent were non vegetarian. Twenty percent were vegetarian having strong like for sweets, refined food & fried items. Eating in between meals which causes obesity were twenty percent. Fifteen percent were eating at long gap. Ten percent respondents were so much health conscious that they were following strict rule of avoiding food that they deficient in folic acid severely. Very few i.e five percent were obese due to over consumption of left over food and due to pregnancy. The same percentage (5%) were facing risk from surgery.

**Conclusion :-**

Majority of respondents were suffering from obesity & nearly one third were suffering from obesity related diseases. Dietary behavior & life style was not upto mark.

**Key words –** Body mass Index, malnutrition, morbidity, mortality, life expectancy