

To Assess the Prevalence of Obesity among Affluent School Children in Delhi, and Identify its Associated Risk Factors

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Abstract

Aim: To assess the prevalence of obesity among affluent school children in Delhi, India and identify its associated risk factors.

Study Design: A cross-sectional study was conducted in private school in Delhi, India. A total of 400 school children in the age group of 7-9 years were selected. Weight and height of each student was measured using standard measures and body mass index (BMI) was calculated. A semi-structured questionnaire was filled evaluating risk factors like family history of obesity and physical inactivity.

***Results:** Overweight and obesity was seen in 34.8% girls and 38.5% boys. Family history of obesity and physical inactivity were found to be significant risk factors of obesity ($p < 0.001$ respectively).*

***Conclusion:** Obesity as an emerging health problem among affluent children in Delhi, India due to an increasing sedentary lifestyle and faulty dietary habits.*

***Keywords:** Obesity, body mass index, school children*