

Prevalence of Obesity among BS-Final-Year Students

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Background: The widely prevailing disease of obesity in students is growing dramatically day-by-day throughout the world. Obesity is not only a physical disorder itself, but also significantly affects the physical and the psychological health of the obese individual in many ways. The extra body fats overburdens the body and so causes

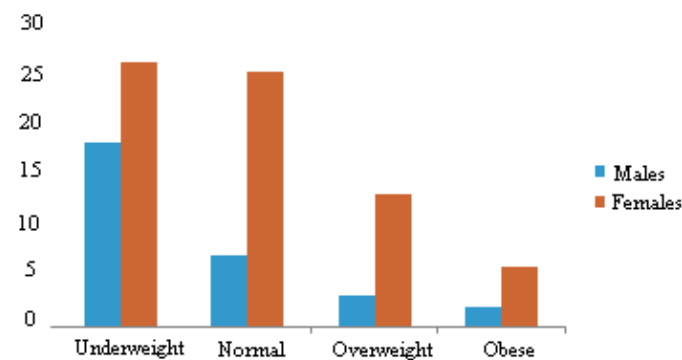


Fig. 1. Gender-wise classification of obesity

stress on the cardiovascular and the skeletal systems of human body. Obesity has become one of many important causes of numerous medical conditions, like blood pressure, diabetes, gall bladder, colon cancer, *etc.* Moreover, psychosocial problems like hypertension, functional limitations and lack of concentration in studies/work are some of many risk factors associated with obesity.

Methods: This research presents the obesity profiles of 60 BS (final year) students (30 females, 70 males) of Faculty of Science, University of Karachi (class of 2010). The survey was conducted during summer of 2010. The BMI of each student was calculated and then obesity profile was prepared for each individual (Fig. 1 and 2).

Results: 24 of the students were found to have a BMI greater than 30, while 32 had normal weight-for-height. 44 were underweight.

Conclusions: Obesity is a disorder with multiple causes. In our sample, the students were found to be following unhealthy eating habits. Besides genetic factors, the intake of a diet, which is high in calorie and carbohydrates and low in nutritional value plus decline in physical activity is the major cause of obesity in these students. The students should themselves be conscious of their health and take measures to maintain healthy physique.

Keywords: Obesity, body-mass index, height, weight

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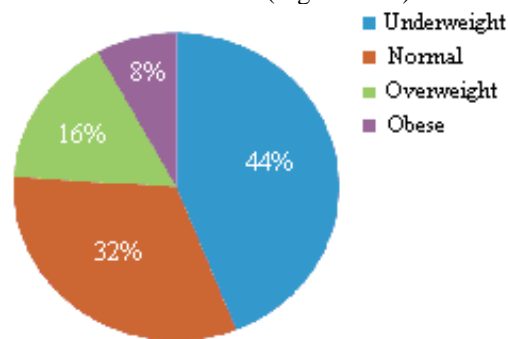


Fig. 2. Pie chart of obesity classification

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