

A STUDY OF PREVALENCE OF OBESITY IN ADOLESCENTS OF A SELECT PRIMARY URBAN HEALTH CENTRE OF NAVI MUMBAI

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ABSTRACT

Obesity is a common nutritional disorder and a major public health hurdle. It is defined as abnormal growth of the adipose tissue either due to an enlargement of fat cell size (hypertrophic obesity) or an increase in fat cell no (hyperplastic obesity) or a combination of both. ⁽¹¹⁾ The risk factors for Obesity are Physical Inactivity, Unhealthy, High Fat Diet and Genetic Predisposition etc. Obesity is often expressed as Body Mass Index (BMI). BMI is an index of weight to height ratio and is used to categorize underweight, overweight and obesity in men and women.

KEYWORDS: Body Mass Index, Diet and Genetic Predisposition

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