



ASSESSMENT OF OBESITY



How common is obesity in India?

Prevalence of generalised obesity as well as of abdominal obesity are high in India. Based on the NFHS data, about 35-40 percent of individuals in India are overweight/obese. According to the ICMR-INDIAB study conducted in three states (Tamil Nadu, Maharashtra, and Jharkhand) and one Union Territory (Chandigarh), the prevalence of Obesity varied between 11.8% and 31.3% while the prevalence of abdominal obesity was between 16.9 and 36.1% depending on the region studied.



How to decide if someone has obesity or not?

- BMI of 18.5–22.9 kg/m² is considered normal for the Indian Population.
- For Indians, Overweight is defined as a BMI 23-24.9 kg/m² and Obesity is defined as BMI ≥ 25 kg/m²
- Abdominal obesity is defined as a waist circumference ≥ 90 cm for men and ≥ 80 cm for women.



How do we define obesity in children?

Overweight is defined as a BMI at or above the 85th percentile and below the 95th percentile for children and teens of the same age and sex. Obesity is defined as a BMI at or above the 95th percentile for children and teens of the same age and sex. This can be determined by plotting a child's BMI on the IOTF (International Obesity Task Force) BMI chart.



What are the different measures that we can use to assess obesity?

- The common clinically used measures to assess obesity are Body Mass Index (BMI – for generalised obesity) and waist circumference (for abdominal obesity).
- BMI is calculated from the height (in meters) and weight (in kilograms) of the person using the formula (weight/height²).
- Waist circumference (in centimetres) is measured using a non-stretchable measuring tape. It is measured at the end of expiration midway between the lowest rib and the top of the hip bone usually at the level of the umbilicus.



Are obesity definitions different for men and women?

The definition for Obesity in general is not different for men and women. The BMI cut-off for obesity is same for both men and women. But the definition for abdominal obesity is different for men and women as can be seen in the Waist Circumference cut-off given above. For children, the BMI charts are available separately for boys and girls.

FOR MORE INFO VISIT

<https://endocrinesocietyindia.org/>