

PREVALENCE OF OBESITY IN PATIENTS WITH CARDIO VASCULAR DISEASES

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ABSTRACT

Obesity is defined as abnormal or excessive fat accumulation, usually 20% or more over an individual's ideal body weight, that presents a risk to health. Prevalence of obesity is increasing rapidly in developed and developing countries. Obesity is a particularly challenging medical condition because of its complex etiology. BMI is a useful general guideline and is a good estimator of body fat for most adults 19 and 70 years of age. Other factors that can also be considered for measurement are - BSA (Body Surface Area), Waist Circumference, Hip Circumference, Waist-to-hip ratio (WHR). A prospective, observational study was carried out in Krishna Institute of Medical Sciences (KIMS) hospital at the outpatient department (OPD) of Cardiology among three hundred patients. Prescriptions, OPD cards and measurement of required parameters were the sources of data. In this study inclusion criteria involves patients of age groups 18-80 years including only outpatients, Patient with/without co-morbidities. The Exclusion criteria involves Patients not willing to give consent, Pregnant and lactating women. Among the total number of subjects i.e., 300, 193 (64.3%) were male and 107 (35.6%) were female. According to BMI category, 16.33% of subjects were normal weight, 15% of subjects

were overweight and 68.6% of subjects were Obese. In this study, 78.23% of men and 93.45% of women have abdominal obesity. According to WC. 91.19% of men and 87.85% of women have abdominal fat according to WHR. According to classification of obesity, 26.94% of men and 23.36% of women have only Abdominal obesity, 11.39% of men and 5.6% of women have only General obesity; 81.86% of men and 90.6% of women have Abdominal obesity; 66.32% of men and 72.89% of women have General obesity & 54.92% of men and 67.28% of women have Combined obesity.. This study revealed that cardiovascular diseases are more prevalent in male than female in general and also in abdominal obesity, Generalised Obesity, Isolated Generalised Obesity, Isolated Abdominal Obesity.

KEYWORDS: Obesity, BMI, Abdominal obesity, Generalised Obesity, Isolated Generalised Obesity, Isolated Abdominal Obesity.

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