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PREVALENCE OF METABOLICALLY HEALTHY OBESITY AMONGST EDUCATED NORTH-INDIAN YOUTH

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The World Health Organization reported 1.9 billion adults as overweight in 2016, of which over 650 million were obese. Obesity is known to be associated with increased risk of non-communicable diseases like type 2 diabetes mellitus, osteoarthritis, cardiovascular diseases, musculoskeletal dysfunction, pancreatitis, gall bladder disease and certain types of cancers. However, all obese individuals are not affected and are said to have metabolically healthy obesity. Metabolically healthy obesity is a transient state and may progress to metabolically unhealthy obesity. The duration of metabolically healthy obesity cannot be predicted as it is different in different individuals. In this study author has estimated the prevalence of MHO amongst educated North Indian young adults. A total of 374 persons (189 female) of the age group 18-29 years were classified on the basis of their body mass index (BMI, in kg/m²) into normal (BMI 18.0-22.9), overweight (BMI 23.0-24.9) and obese (BMI ≥ 25) categories, defined according to consensus statement for diagnosis of obesity, abdominal obesity and metabolic syndrome for Asian Indians. Their blood pressure, fasting blood glucose and lipid profiles were obtained. Metabolically healthy individuals were identified as those with blood pressure < 120/80 mm of Hg, fasting blood glucose < 100 mg/dL, fasting total cholesterol < 200 mg/dL, fasting triglycerides < 150 mg/dL, and fasting HDL-cholesterol > 40 mg/dL. The table below shows the number and percentage of normal persons in each category.

Category Total=374	Normal Weight N=110		Overweight N=120		Obese N=144	
	Male	Female	Male	Female	Male	Female
Number	39	51	45	50	45	61
Percentage	73.6	89.5	72.6	86.2	64.3	82.4

The percentage of metabolically healthy persons declined with increase in weight and was 64.3% in male and 82.4% in female individuals with obesity.