



BIBLIOGRAPHY

- Agarwal, S., & Sethi, V. (2013). Nutritional disparities among women in urban India. *Journal of health, population, and nutrition*, 31(4), 531–537. <https://doi.org/10.3329/jhpn.v31i4.20052>
- Agrawal, P. & Agrawal, S. (2012). Emerging obesity threats among women in India: Findings from a population based survey. *Int J Trop Med*. 7. 177-186.
- Anjana, M., Sandeep, S., Deepa, R., Vimalaswaran, K. S., Farooq, S., & Mohan, V. (2004). Visceral and central abdominal fat and anthropometry in relation to diabetes in Asian Indians. *Diabetes care*, 27(12), 2948-2953.
- Anjana, R. M., Pradeepa, R., Das, A. K., Deepa, M., Bhansali, A., Joshi, S. R., Joshi, P. P., Dhandhania, V. K., Rao, P. V., Sudha, V., Subashini, R., Unnikrishnan, R., Madhu, S. V., Kaur, T., Mohan, V., Shukla, D. K., & ICMR– INDIAB Collaborative Study Group (2014). Physical activity and inactivity patterns in India - results from the ICMR-INDIAB study (Phase-1) [ICMR-INDIAB-5]. *The international journal of behavioral nutrition and physical activity*, 11(1), 26. <https://doi.org/10.1186/1479-5868-11-26>
- Anuradha, R., Ravivarman, G., & Jain, T. (2011). The prevalence of overweight and obesity among women in an urban slum of Chennai. *J Clin Diagn Res*, 5(5), 957-60.
- Ashok, C. K., & Karunanidhi, S. (2016). Prevalence of overweight and obesity among young female college students in Chennai city. *Journal of Obesity and Metabolic Research*, 3(1), 23.
- Aslesh, O. P., Mayamol, P., Suma, R. K., Usha, K., Sheeba, G., & Jayasree, A. K. (2016). Level of Physical Activity in Population Aged 16 to 65 Years in Rural Kerala, India. *Asia Pacific Journal of Public Health*, 28(1_suppl), 53S-61S. <https://doi.org/10.1177/1010539515598835>

- Bhardwaj S, Misra A, Misra R, Goel K, and Bhatt SP (2011) High Prevalence of Abdominal, Intra-Abdominal and Subcutaneous Adiposity and Clustering of Risk Factors among Urban Asian Indians in North India. *PLoS ONE* 6(9): e24362. doi:10.1371/journal.pone.0024362
- Blair, S. N., & Brodney, S. (1999). Effects of physical inactivity and obesity on morbidity and mortality: current evidence and research issues. *Medicine and science in sports and exercise*, 31(11 Suppl), S646–S662. <https://doi.org/10.1097/00005768-199911001-00025>
- Chan, R. S., & Woo, J. (2010). Prevention of overweight and obesity: how effective is the current public health approach. *International journal of environmental research and public health*, 7(3), 765–783. <https://doi.org/10.3390/ijerph7030765>
- Deepa, M., Farooq, S., Deepa, R., Manjula, D., & Mohan, V. (2009). Prevalence and significance of generalized and central body obesity in an urban Asian Indian population in Chennai, India (CURES: 47). *European journal of clinical nutrition*, 63(2), 259-267.
- Devamani, C. S., Oommen, A. M., Mini, G. K., Abraham, V. J., & George, K. (2019). Levels of physical inactivity in rural and urban Tamil Nadu, India: A cross-sectional study. *Journal of Clinical and Preventive Cardiology*, 8(1), 13.
- Dutta, M., Selvamani, Y., Singh, P., & Prashad, L. (2019). The double burden of malnutrition among adults in India: evidence from the National Family Health Survey-4 (2015-16). *Epidemiology and health*, 41, e2019050. <https://doi.org/10.4178/epih.e2019050>
- Girdhar, S., Sharma, S., Chaudhary, A., Bansal, P., & Satija, M. (2016). An epidemiological study of overweight and obesity among women in an urban area of north India. *Indian journal of community medicine: official publication of Indian Association of Preventive & Social Medicine*, 41(2), 154
- Goel A, Thirumani, A., Kalaivani, K. and Ramachandran, P. (2020) Dual nutrition burden in urban women from low middle income families. *The Ind. J. Nutr. Diet.*, 57, 10-24.

- Goel A, Thirumani,A., Kalaivani, K. and Ramachandran, P. (2020) Effect of Lactation on Nutritional status in Urban women from Low Middle Income Families. *The Ind. J. Nutr.Diet*, 57, 222-239.
- Gopinath, N., Chadha, S. L., Jain, P., Shekhawat, S., &Tandon, R. (1994).An epidemiological study of obesity in adults in the urban population of Delhi. *The Journal of the Association of Physicians of India*, 42(3), 212–215.
- Gouda, J., &Prusty, R. K. (2014).Overweight and obesity among women by economic stratum in urban India.*Journal of health, population, and nutrition*, 32(1), 79.
- Guallar-Castillón, P., Rodríguez-Artalejo, F., Fornés, N. S., Banegas, J. R., Etxezarreta, P. A., Ardanaz, E., Barricarte, A., Chirlaque, M. D., Iraeta, M. D., Larrañaga, N. L., Losada, A., Mendez, M., Martínez, C., Quirós, J. R., Navarro, C., Jakszyn, P., Sánchez, M. J., Tormo, M. J., & González, C. A. (2007). Intake of fried foods is associated with obesity in the cohort of Spanish adults from the European Prospective Investigation into Cancer and Nutrition. *The American journal of clinical nutrition*, 86(1), 198–205.<https://doi.org/10.1093/ajcn/86.1.198>
- Güngör N. K. (2014). Overweight and obesity in children and adolescents.*Journal of clinical research in pediatric endocrinology*, 6(3), 129–143.<https://doi.org/10.4274/Jcrpe.1471>)
- Gupta A, Reddy BV, Semwal V, Singh AK (2017). Epidemiology of General Obesity and Abdominal Obesity among People in Hilly Areas of North India: A Hospital Based Study. *Natl J Community Med*. 8(5):230-235
- Hajian-Tilaki, K. O., &Heidari, B. (2007). Prevalence of obesity, central obesity and the associated factors in urban population aged 20-70 years, in the north of Iran: a population-based study and regression approach. *Obesity reviews : an official journal of the International Association for the Study of Obesity*, 8(1), 3–10.
- Han, T. S., van Leer, E. M., Seidell, J. C., & Lean, M. E. (1995). Waist circumference action levels in the identification of cardiovascular risk factors: prevalence study in a

random sample. *BMJ* (Clinical research ed.), 311(7017), 1401–1405.
<https://doi.org/10.1136/bmj.311.7017.1401>

Hazarika, J &Saikia, I &Hazarika, P. (2012). Risk Factors of Undernutrition Among Women in the Reproductive Age Group of India: An Evidence from NFHS-3. *AEJSR*. 7. 5-11. 10.5829/idosi.ajejsr.2012.7.1.6185.

Hill, J. O., Wyatt, H. R., Reed, G. W., & Peters, J. C. (2003). Obesity and the environment: where do we go from here?. *Science* (New York, N.Y.), 299(5608), 853–855. <https://doi.org/10.1126/science.1079857>

Kamath, M. R., R. (2017). Assessment of physical activity level among obese and non-obese individuals using global physical activity questionnaire. *International Journal Of Community Medicine And Public Health*, 4(10), 3786-3792. doi:<http://dx.doi.org/10.18203/2394-6040.ijcmph201742>

Kesh, S. B., Das, S., Pathak, S., Waghmare, V. S., &Mendhe, H. G. (2018). A study of the prevalence of generalized obesity, abdominal obesity, regional adiposity, and metabolic syndrome among young adults. *National Journal of Physiology, Pharmacy and Pharmacology*, 8(7), 988-994.

Krishnan, A., Shah, B., Lal, V., Shukla, D. K., Paul, E., &Kapoor, S. K. (2008).Prevalence of risk factors for non-communicable disease in a rural area of Faridabad district of Haryana.*Indian journal of public health*, 52(3), 117–124.

Ledikwe, J. H., Blanck, H. M., Kettel Khan, L., Serdula, M. K., Seymour, J. D., Tohill, B. C., & Rolls, B. J. (2006). Dietary energy density is associated with energy intake and weight status in US adults. *The American journal of clinical nutrition*, 83(6), 1362–1368. <https://doi.org/10.1093/ajcn/83.6.1362>

Mahore, R., Tiwari, R., Bansal, M., Chouhan, V., Sharma, V., &Tiwari, S. (2018).A study to assess prevalence of obesity among government employees of medical college in Madhya Pradesh, India. *International Journal of Research in Medical Sciences*, 6(5), 1752-1755. doi:<http://dx.doi.org/10.18203/2320-6012.ijrms20181773>

- Misra, A., &Khurana, L. (2008).Obesity and the metabolic syndrome in developing countries.The Journal of clinical endocrinology and metabolism, 93(11 Suppl 1), S9–S30.<https://doi.org/10.1210/jc.2008-1595>
- Misra, A., Jayawardena, R., &Anoop, S. (2019). Obesity in South Asia: phenotype, morbidities, and mitigation. *Current obesity reports*, 8(1), 43-52
- Misra, A., Pandey, R. M., Devi, J. R., Sharma, R., Vikram, N. K., &Khanna, N. (2001).High prevalence of diabetes, obesity and dyslipidaemia in urban slum population in northern India. *International journal of obesity and related metabolic disorders : journal of the International Association for the Study of Obesity*, 25(11), 1722–1729. <https://doi.org/10.1038/sj.ijo.0801748>
- Mittal, M., Arora, M., Bachhel, R., Kaur, N., &Sidhu, R. S. (2011). Physical activity, indices of obesity and mean arterial blood pressure: Does place of living matters? ruralvs urban. *J ClinDiagn Res*, 5(5), 1038-1042.
- Mohan, V., Shanthirani, S., Deepa, R., Premalatha, G., Sastry, N. G., Saroja, R., & Chennai Urban Population Study (CUPS No. 4) (2001). Intra-urban differences in the prevalence of the metabolic syndrome in southern India -- the Chennai Urban Population Study (CUPS No. 4). *Diabetic medicine : a journal of the British Diabetic Association*, 18(4), 280–287. <https://doi.org/10.1046/j.1464-5491.2001.00421.x>
- Mummery, W. K., Schofield, G. M., Steele, R., Eakin, E. G., & Brown, W. J. (2005).Occupational sitting time and overweight and obesity in Australian workers. *American journal of preventive medicine*, 29(2), 91-97.
- Nagendra, K., C., N., &Belur, M. (2016). A community based study on prevalence of obesity among urban population of Shivamogga, Karnataka, India. *International Journal Of Community Medicine And Public Health*, 4(1), 96-99. doi:<http://dx.doi.org/10.18203/2394-6040.ijcmph20164718>
- Newtonraj, A., Vincent, A., Gowtham, P. J., Haritha, S., &Ilaveyini, S. (2019). Level of insufficient physical activity among adults in a rural area of South India: A population-based cross-sectional study. *Journal of Current Research in Scientific Medicine*, 5(2), 105.

- Patel, S. A., Narayan, K. V., & Cunningham, S. A. (2015). Unhealthy weight among children and adults in India: urbanicity and the crossover in underweight and overweight. *Annals of Epidemiology*, 25(5), 336-341.
- Pradeepa, R., Anjana, R. M., Joshi, S. R., Bhansali, A., Deepa, M., Joshi, P. P., Dhandania, V. K., Madhu, S. V., Rao, P. V., Geetha, L., Subashini, R., Unnikrishnan, R., Shukla, D. K., Kaur, T., Mohan, V., Das, A. K., & ICMR-INDIAB Collaborative Study Group (2015). Prevalence of generalized & abdominal obesity in urban & rural India--the ICMR-INDIAB Study (Phase-I) [ICMR- NDIAB-3]. *The Indian journal of medical research*, 142(2), 139–150. <https://doi.org/10.4103/0971-5916.164234>
- Prahlad P and Ramesh H (2017). Obesity among Reproductive Age Women in Rural Kerala: A Hidden Threat .*Natl J Community*. 8(9):530-534
- Rai, R. K., Jaacks, L. M., Bromage, S., Barik, A., Fawzi, W. W., & Chowdhury, A. (2018). Prospective cohort study of overweight and obesity among rural Indian adults: sociodemographic predictors of prevalence, incidence and remission. *BMJ open*, 8(8), e021363
- Raj, J. P., & Ploriya, S. (2018). Prevalence of Obesity among Rehabilitated Urban Slum Dwellers and Altered Body Image Perception in India (PRESUME). *Indian journal of endocrinology and metabolism*, 22(1), 23–29. https://doi.org/10.4103/ijem.IJEM_363_17
- Ramachandran, A., Chamukuttan, S., Shetty, S.A., Arun, N. & Susairaj, P. (2012), Obesity in Asia – is it different from rest of the world. *Diabetes/Metabolism Research and Reviews*, 28: 47-51. <https://doi.org/10.1002/dmrr.2353>
- Ramachandran, P., & Kalaivani, K. (2018). Nutrition transition in India: Challenges in achieving global targets. *Proceedings of the Indian National Science Academy*, 84(4), 821-33.
- Rao, B. & Sundar, J. (2019). A comparative study of prevalence of overweight and obesity among urban, and rural population of South India. *International Journal Of Community Medicine And Public Health*. 6. 1091. 10.18203/2394-6040.ijcmph20190591

- Rao, K. M., Balakrishna, N., Arlappa, N., Laxmaiah, A., & Brahmam, G. N. V. (2010). Diet and nutritional status of women in India. *Journal of Human Ecology*, 29(3), 165-170
- Rautela, Y. S., Reddy, B. V., Singh, A. K., & Gupta, A. (2018). The prevalence of obesity among adult population and its association with food outlet density in a hilly area of Uttarakhand. *Journal of family medicine and primary care*, 7(4), 809.
- Reber, E., Gomes, F., Vasiloglou, M. F., Schuetz, P., & Stanga, Z. (2019). Nutritional Risk Screening and Assessment. *Journal of clinical medicine*, 8(7), 1065. <https://doi.org/10.3390/jcm8071065>
- Reddy, K. S., Prabhakaran, D., Shah, P., & Shah, B. (2002). Differences in body mass index and waist: hip ratios in North Indian rural and urban populations. *Obesity reviews : an official journal of the International Association for the Study of Obesity*, 3(3), 197–202. <https://doi.org/10.1046/j.1467-789x.2002.00075.x>
- Salmon, J., Bauman, A., Crawford, D., Timperio, A., & Owen, N. (2000). The association between television viewing and overweight among Australian adults participating in varying levels of leisure-time physical activity. *International journal of obesity and related metabolic disorders : journal of the International Association for the Study of Obesity*, 24(5), 600–606. <https://doi.org/10.1038/sj.ijo.0801203>
- Selvaraj, P., Irulankudi, S., & Selvaraj, P. (2017). A study of the prevalence of overweight, obesity, and their associations with socioeconomic status among young men residing in a rural area, Kancheepuram District, Tamil Nadu, India. *Int J Med Sci Public Heal*, 6(12), 1670-4.
- Sengupta, A., Angeli, F., Syamala, T. S., Dagnelie, P. C., & van Schayck, C. P. (2015). Overweight and obesity prevalence among Indian women by place of residence and socio-economic status: Contrasting patterns from 'underweight states' and 'overweight states' of India. *Social science & medicine* (1982), 138, 161–169
- Shannawaz, M., & Arokiasamy, P. (2018). Overweight/Obesity: An Emerging Epidemic in India. *Journal of Clinical & Diagnostic Research*, 12(11)

- Singh, H., & Singh, S. (2017). Prevalence, patterns and associated factors of Physical Activity in Indian University students. *European Journal of Physical Education and Sport Science*.
- Singh, R. B., Ghosh, S., Beegom, R., Mehta, A. S., De, A. K., Haque, M., & Krishnan, A. (1998). Prevalence and determinants of central obesity and age-specific waist: hip ratio of people in five cities: the Indian Women's Health Study. *Journal of cardiovascular risk*, 5(2), 73-77.
- Solanki, D. K., Walia, R., Gautam, A., Misra, A., Aggarwal, A. K., & Bhansali, A. (2020). Prevalence of abdominal obesity in non-obese adolescents: a North Indian adolescent study. *Journal of pediatric endocrinology & metabolism : JPEM*, 33(7), 853–858. <https://doi.org/10.1515/jpem-2019-0026>
- Subramanian, S. V., Kawachi, I., & Smith, G. D. (2007). Income inequality and the double burden of under- and overnutrition in India. *Journal of epidemiology and community health*, 61(9), 802–809. <https://doi.org/10.1136/jech.2006.053801>
- Tiwari, R., Srivastava, D., & Gour, N. (2009). A cross-sectional study to determine prevalence of obesity in high income group colonies of Gwalior city. *Indian journal of community medicine: official publication of Indian Association of Preventive & Social Medicine*, 34(3), 218
- Tripathy, J. P., Thakur, J. S., Jeet, G., Chawla, S., Jain, S., & Prasad, R. (2016). Urban rural differences in diet, physical activity and obesity in India: are we witnessing the great Indian equalisation? Results from a cross-sectional STEPS survey. *BMC Public Health*, 16(1), 816.
- Undavalli, V. K., Ponnaganti, S. C., & Narni, H. (2018). Prevalence of generalized and abdominal obesity: India's big problem. *International Journal of Community Medicine Public Health*, 5, 1311-6.
- Unnikrishnan, A. G., Kalra, S., & Garg, M. K. (2012). Preventing obesity in India: Weighing the options. *Indian journal of endocrinology and metabolism*, 16(1), 4–6. <https://doi.org/10.4103/2230-8210.91174>

- Vadera, B. N., Yadav, S. B., Yadav, B. S., Parmar, D. V., & Unadkat, S. V. (2010). Study on obesity and influence of dietary factors on the weight status of an adult population in Jamnagar city of Gujarat: a cross-sectional analytical study. *Indian Journal of Community Medicine : Official Publication of Indian Association of Preventive & Social Medicine*, 35(4), 482–486. <https://doi.org/10.4103/0970-0218.74346>
- Venkatramana, P., & Reddy, P. C. (2002). Association of overall and abdominal obesity with coronary heart disease risk factors: comparison between urban and rural Indian men. *Asia Pacific Journal of Clinical Nutrition*, 11(1), 66–71. <https://doi.org/10.1046/j.1440-6047.2002.00250.x>
- Visscher, T. L., & Seidell, J. C. (2004). Time trends (1993-1997) and seasonal variation in body mass index and waist circumference in the Netherlands. *International Journal of Obesity and Related Metabolic Disorders : Journal of the International Association for the Study of Obesity*, 28(10), 1309–1316. <https://doi.org/10.1038/sj.ijo.0802761>
- World Health Organization. (1995). *Physical status: The use of and interpretation of anthropometry*, Report of a WHO Expert Committee.
- World Health Organization. (2006). *WHO child growth standards: length/height-for-age, weight-for-age, weight-for-length, weight-for-height and body mass index-for-age: methods and development*.
- Yadav, K., & Krishnan, A. (2008). Changing patterns of diet, physical activity and obesity among urban, rural and slum populations in north India. *Obesity Reviews : An Official Journal of the International Association for the Study of Obesity*, 9(5), 400–408. <https://doi.org/10.1111/j.1467-789X.2008.00505.x>
- Zachariah, S., Venkatesha, M., C., M., & Lakshmi, A. (2017). Nutritional assessment of women in the reproductive age group (15-49 years) from a rural area, Kolar, Kerala, India. *International Journal Of Community Medicine And Public Health*, 4(2), 542-546. doi:<http://dx.doi.org/10.18203/2394-6040.ijcmph20170288>
- Zargar, A. H., Masoodi, S. R., Laway, B. A., Khan, A. K., Wani, A. I., Bashir, M. I., & Akhtar, S. (2000). Prevalence of obesity in adults--an epidemiological study from Kashmir Valley of Indian Subcontinent. *The Journal of the Association of Physicians of India*, 48(12), 1170–1174.

WEBLIOGRAPHY

- <http://www.fao.org/3/a-bl634e.pdf> accessed on 04.01.2021
- <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight> accessed on 04.01.2021
- <https://www.who.int/nutrition/double-burden-malnutrition/en>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5996965/>.
- <https://www.nhp.gov.in/disease/non-communicable-disease/obesity>
- https://nhm.gov.in/New_Updates_2018/NHM_Components/Immunization/Guidelines_for_immunization/MCP_Guide_Book.pdf accessed on 07.01.2021
- <http://nin.res.in> accessed on 04.01.2021
- <http://rchiips.org/nfhs/pdf/nfhs4/india.pdf> accessed on 04.01.2021
- http://rchiips.org/nfhs/pub_nfhs-2.shtml accessed on 04.01.2021
- <http://rchiips.org/nfhs/report.shtml> accessed on 04.01.2021
- **<https://vikaspedia.in> accessed on 04.01.2021**
- <https://www.aiimsjodhpur.edu.in> accessed on 04.01.2021
- <https://www.unicef.org> accessed on 04.01.2021
- <https://www.who.int/publications/i/item/9789241501491>
- <https://www.who.int/teams/health-promotion/physical-activity/physical-activity-and-adults> accessed on 04.01.2021