

CONTENTS

CHAPTER NO	TITLE	PAGE NO
	List of Tables	
	List of Figures	
	List of Plates	
	Abbreviations	
1.	Introduction	1
2.	Review of Literature	9
	2.1. Visceral Adiposity and Health	9
	2.2. Visceral Adiposity Indices	13
	2.2.1. Visceral Adiposity Index – An Overview	13
	2.2.2. Lipid Accumulation Product – An Overview	17
	2.3. Insulin Resistance	22
	2.4. Association of Visceral Adiposity and Insulin Resistance	29
3.	Materials and Methods	34
	Phase - I	
	3.1. Selection of Area and Target Group	35
	3.1.1. Locale of the Study	35
	3.1.2. Recruitment of the Target Group	36
	3.1.3. Estimation of Sample Size	36
	3.1.4. Eliciting Background Information	37
	Phase - II	
	3.2. Study the Prevalence of Obesity	39
	3.2.1. Assessment of Anthropometry	39
	3.2.2. Assessment of Visceral Adiposity Indices	43
	3.2.3. Calculations of VAI, LAP and Insulin Resistance	46
	3.2.4. Deriving the Cut-Off Value of Visceral Adiposity Indices	48

CHAPTER NO	TITLE	PAGE NO
	Phase - III	
	3.3. Assessment of Dietary and Physical Activity Pattern and The Corresponding Anthropogens	51
	3.3.1. Assessment of Dietary Pattern	51
	3.3.2. Assessment of Physical Activity	51
	3.3.3. Assessment of Anthropogens	52
	Phase - IV	
	3.4. Impact of Intervention on Visceral Adiposity Indices among Selected Experimental Group Women	55
	3.4.1. Pre- Intervention	56
	3.4.2. Post Intervention	58
	Phase - V	
	Statistical Analysis	58
4.	Results and Discussion	61
	Phase - I	
	4.1. Socioeconomic Attributes	64
	4.1.1. Distribution of Age of the Adult Women	64
	4.1.2. Educational Status	65
	4.1.3. Income Level	66
	4.1.4. Marital Status	67
	Phase - II	
	4.2. Prevalence of Obesity among Adult Women	67
	4.2.1. Results on Screening of Obesity	67
	4.2.2. Relationship of the Socioeconomic Attributes with Obesity	73
	4.2.3. Biochemical Details of the Experimental and Control Groups	79
	4.2.4. Details on Visceral Adiposity Indices	83
	4.2.5. Association of VAI and LAP with Insulin Resistance	86

CHAPTER NO	TITLE	PAGE NO
	4.2.6. Deriving the Cut-off Value for the Assessment of Visceral Adiposity Indices	94
	Phase - III	
	4.3. Dietary Pattern, Physical Activity and The Corresponding Anthropogens	100
	4.3.1. Details on Dietary Pattern	100
	4.3.2. Details on Physical Activity Pattern	106
	4.3.3. Anthropogens and Risk Assessment for Metabolic Dysfunction	110
	Phase - IV	
	4.4. Impact of Intervention on Visceral Adiposity Indices among Selected Experimental Group	112
	4.4.1. Evaluation of Pre and Post Intervention on Visceral Adiposity Indices	112
	4.4.2. Comparison between and within the Experimental and Control Groups of Pre- Intervention among Selected Obese Women (ANOVA)	118
	4.4.3. Comparison between and within the Experimental and Control Groups of Post- Intervention among Selected Obese Women (ANOVA)	119
5.	Summary and Conclusion	121
	Bibliography	138
	Appendices	171
	Publications	
	Plagiarism Report	