

4.3.5 PHYSICAL MEASUREMENTS

This section presents information obtained from survey respondents aged 15-17 years, who were willing to undergo physical measurements of height (in cm) and weight (in Kg).

The Body Mass Index (BMI) was calculated using height and weight of the participants by the formula: $BMI = \text{Weight (Kg)} / \text{Height (m)}^2$. The BMI (as per WHO)** was used to categorize the respondents into overweight and obesity. Overweight: $>+1SD$ (equivalent to BMI 25.0 Kg/m²) and Obesity: $>+2SD$ (equivalent to BMI 30.0 Kg/m²).

KEY FINDINGS

Prevalence of overweight including obesity among adolescents (15-17 years) was **6.2%** and obesity was **1.8%**.

Physical measurements

Table 4.3.5.1 Measurements of height, weight and BMI by area of residence and gender (Mean)

15 - 17 years	Urban	Rural	Boys	Girls	Total
Height (cm)	159.2	157.2	162.9	152.4	157.9
Weight (Kg)	49.5	45.5	49.0	44.4	46.8
BMI (Kg/m ²)	19.5	18.4	18.5	19.1	18.8

The mean BMI was 18.8 Kg/m², urban areas (19.5 Kg/m²) and rural areas (18.4 Kg/m²). (Table 4.3.5.1 and annexure table 4.3.5.1a)

Prevalence of overweight (including obesity) and obesity

Table 4.3.5.2 Adolescents categorized as overweight (including obesity) and obese by area of residence and gender (Percentage)

15 - 17 years	Urban	Rural	Boys	Girls	Total
Overweight (including obesity)	11.9	3.6	6.4	6.1	6.2
Obesity	3.5	0.9	2.6	0.8	1.8

The prevalence of overweight (including obesity) and obesity was estimated to be 6.2% and 1.8% respectively. In the urban areas (11.9% overweight and 3.5% obese) and rural areas (3.6% overweight and 0.9% obese). By gender 6.4% boys and 6.1% girls were overweight and 2.6% boys and 0.8% girls were obese. (Table 4.3.5.2 and annexure table 4.3.5.2a)

**Growth reference 5-19 years [Internet]. World Health Organization [cited 3 December 2018]. Available from: https://www.who.int/growthref/who2007_bmi_for_age/en/