



Study of Body Perception and Overweight Prevalence among Punjabi College Girls

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Abstract: The prevalence of overweight and obesity was higher in urban college girls (35%) in comparison to rural girls (14.5%). The perception of normal girls towards their body weights was better in rural group in comparison to urban group. 27% of obese girls both in urban and rural groups under reported their weights. Based on the results of the study, it is recommended that nutrition knowledge should be given to the college students especially girls so that, they can achieve optimum body composition and desirable body weights despite their heredity and family history of obesity.

Key Words: Obesity, Overweight, Rural college girls, Urban college girls
