



Prevalence and Risk Factors of Metabolic Syndrome among Overweight/Obese Female College Students

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Abstract: A sample of 120 undergraduate subjects falling in the age group 18-22 years were selected purposively from different colleges of Ludhiana, Punjab which were grouped into normal (BMI-18.5-24.99 kg m⁻²), overweight (BMI- 25-30 kg m⁻²) and obese (BMI- >30 kg m⁻²) on the basis of BMI classification to study the prevalence of metabolic syndrome and its risk factors among adolescents. The metabolic syndrome was prevalent among 52 per cent of obese subjects whereas, it was 12 per cent in case of overweight group. Overall metabolic syndrome was prevalent among 25 per cent of the subjects. The waist circumference was the major determinant factor for prevalence of metabolic syndrome among the subjects followed by lower HDL-cholesterol levels. Thirty two per cent of the subjects were at the risk of having metabolic syndrome. Based on the results of the study, it is recommended that nutrition awareness and self discipline needs to be promoted among young girls so that they can achieve desirable body weights.

Keywords: Body mass index, Obesity, Overweight, Metabolic syndrome, Waist circumference
