

Effectiveness of structured teaching programme on control of obesity among obese women, at N.T.R. Nagar, Hyderabad.

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Abstract: Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children, and authorities view it as one of the most serious public health problems of the 21st century. Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have adverse effects on health leading to reduced life expectancy and/ or increased health problems. Body mass index (BMI), a measurement which compares weight and height, defines people as overweight (pre obese) when their BMI is between 25kg/m², and obese when it is greater than 30 kg / m².1