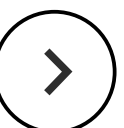
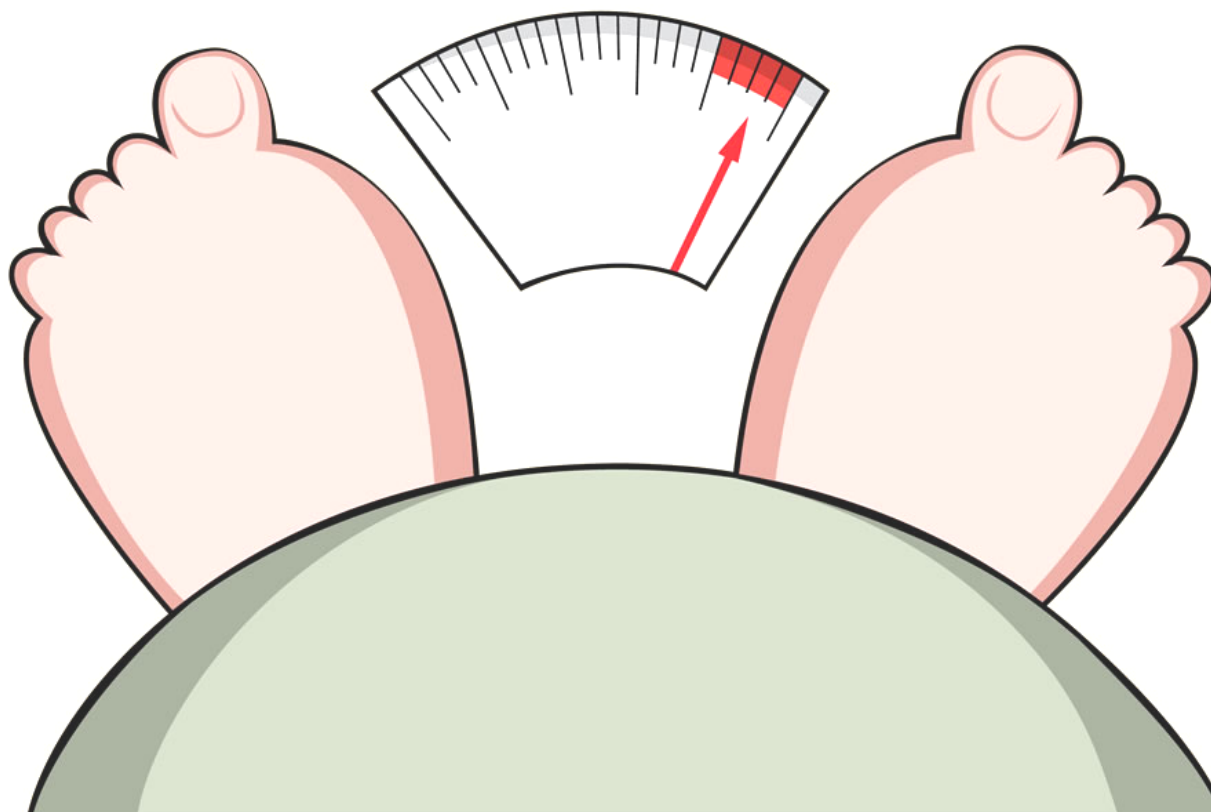


OBESITY PANDEMIC IN INDIA?

NEARLY **ONE IN EVERY FOUR PERSONS IS OVERWEIGHT**
COMPARED TO ONE IN EVERY FIVE EARLIER.



WHAT IS OBESITY?

A DISORDER INVOLVING EXCESSIVE BODY FAT THAT **INCREASES THE RISK** OF HEALTH PROBLEMS. OBESITY OFTEN RESULTS FROM TAKING IN **MORE CALORIES THAN ARE BURNED** BY EXERCISE AND NORMAL DAILY ACTIVITIES.

HOW TO CALCULATE?

OBESITY IS CALCULATED ON THE **BASIS OF A BODY MASS INDEX (BMI)**. ANYONE WITH A BMI OF MORE THAN **30 IS CONSIDERED OBESE**.

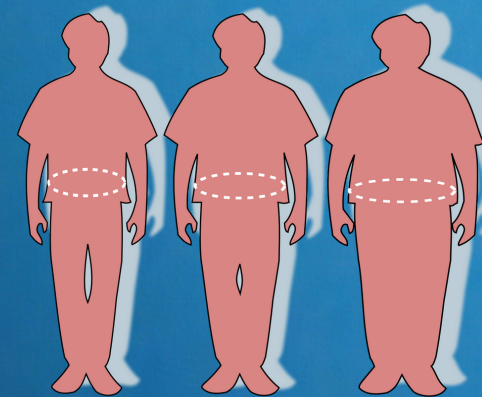
$$\text{BMI} = \frac{\text{WEIGHT (KG)}}{\{\text{HEIGHT (M)}\}^2}$$

OBESITY IN INDIA

IN INDIA, MORE THAN **135 MILLION INDIVIDUALS** WERE AFFECTED BY OBESITY AS PER NATIONAL CENTER FOR BIOTECHNOLOGY INFORMATION (NCBI) IN 2019 JAN.

VARIOUS FACTORS FOR PREVALENCE OF OBESITY IN INDIA -

1. AGE
2. GENDER
3. GEOGRAPHICAL ENVIRONMENT
4. SOCIO-ECONOMIC STATUS



PREVALENCE RATE OF OBESITY AND CENTRAL OBESITY VARIES FROM **11.8% TO 31.3% AND 16.9%-36.3% RESPECTIVELY.**

IN INDIA, ABDOMINAL OBESITY IS ONE OF THE **MAJOR RISK FACTORS FOR CARDIOVASCULAR DISEASE (CVDS).**

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