Секция «Клиническая медицина»

Exploring the Impact of University Campus Environments on Obesity: A Comprehensive Study Investigating BMI of Students of 3rd Year 6th Semester of KSMU

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Obesity is a medical condition which sometimes consider as a disease in which there is excessive of accumulation of body fat to such an extent that it can potentially have negative effect on the health. Individual are classified as obese when their body mass index (BMI) which is a person's weight divided by the square of the person's height is over 30kg/m2 in the range of 25-30kg/m2 is defined as overweight. Some East Asian countries use a lower value to calculate obesity. Obesity has individual, socioeconomic, and environmental causes. Some known causes are diet, physical activity, automation, urbanization, genetic susceptibility, medications, mental disorders, economic policies, endocrine disorders, and exposure to endocrine-disrupting chemicals. This article examines the growing problem of obesity among young people and discusses various causes, consequences, and possible interventions. Based on current research and epidemiological studies, the aim is to elucidate the complex elements of genetic, environmental, and behavioural factors that contribute to the increased prevalence of obesity among young people. Additionally, this overview highlights the significant immediate and long-term health consequences associated with obesity in young adults. A synthesis of evidence-based strategies and interventions to alleviate this public health problem will also be discussed. This comprehensive overview serves as a basis for further research and policy development in the field of adolescent health.

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Illustrations

Sex	Weight (kg)	Height (m)	BMI
Group 21			
M	59	1.63	22.2063307
M	69	1.68	24.4472789
M	67	1.67	24.0238087
F	49	1.5	21.7777778
F	53	1.52	22.9397507
F	46	1.53	19.6505617
M	65	1.65	23.8751148
F	53	1.7	18.3391003
F	49	1.58	19.6282647

Рис. : BMI of Group 21

Sex	Weight (kg)	Height (m)	BMI
Group 22			
M	73	1.81	22.2825921
F	50	1.66	18.1448686
F	47	1.6	18.359375
M	69	1.76	22.2753099
F	67	1.69	23.4585624
M	79	1.81	24.114038
M	61	1.8	18.8271605
M	54	1.65	19.8347107
M	70	1.7	24.2214533
M	70	1.67	25.0995016
M	81	1.81	24.72452
M	80	1.78	25.2493372
M	78	1.68	27.6360544

Рис. : BMI of Group 22

Sex	Weight (kg)	Height (m)	BMI
	Group 23		
M	79	1.76	25.5036157
F	60	1.58	24.0346098
M	76	1.77	24.2586741
M	93	1.79	29.0253113
M	53	1.73	17.708577
F	68	1.75	22.2040816
F	65	1.72	21.9713359
M	85	1.7	29.4117647
M	82	1.72	27.7176852

Рис. : BMI of Group 23

Sex	Weight (kg)	Height (m)	BMI
	Group 24		
F	57	1.6	22.265625
F	68	1.65	24.9770432
F	51	1.6	19.921875
M	53	1.75	17.3061224
M	67	1.83	20.0065693
M	64	1.75	20.8979592
F	74	1.64	27.5133849
F	69	1.67	24.7409373

Рис. : BMI of Group 24

Sex	Weight (kg)	Height (m)	BMI
	Group 25		
M	60	1.65	22.0385675
F	38	1.46	17.8269844
F	45	1.51	19.7359765
F	69	1.75	22.5306122
M	60	1.55	24.9739854
F	45	1.52	19.4771468
F	53	1.65	19.4674013
F	42	1.64	15.6157049
F	69	1.55	28.7200832
M	90	1.68	31.8877551

Рис. : BMI of Group 25

Sex	Weight (kg)	Height (m)	BMI
	Group 26		
M	73	1.8	22.5308642
M	55	1.81	16.7882543
M	52	1.64	19.3337299
M	80	1.76	25.8264463
F	61	1.63	22.9590877
M	55	1.58	22.0317257
M	52	1.64	19.3337299
M	100	1.65	36.7309458
F	58	1.6	22.65625
F	87	1.6	33.984375
F	70	1.55	29.1363163

Рис. : BMI of Group 26

Sex	Weight (kg)	Height (m)	BMI
	Group 27		
F	67	1.55	27.8876171
F	82	1.71	28.0428166
M	77	1.7	26.6435986
F	82	1.7	28.3737024
M	42	1.6	16.40625
F	59	1.58	23.634033
M	73	1.82	22.0384012
M	65	1.7	22.4913495
M	86	1.8	26.5432099
F	74	1.7	25.6055363
M	60	1.7	20.7612457

Рис. : BMI of Group 27

Sex	Weight (kg)	Height (m)	BMI
Group 28			
M	70	1.71	23.9389898
F	74	1.74	24.4418021
F	68	1.57	27.5873261
F	78	1.76	25.1807851
F	48	1.59	18.9865907
F	91	1.67	32.6293521
M	69	1.73	23.0545625

Рис. : BMI of Group 28

Sex	Weight (kg)	Height (m)	BMI
Group 29			
M	89	1.72	30.0838291
M	65	1.78	20.5150865
M	67	1.78	21.1463199
F	62	1.63	23.3354661
F	50	1.54	21.0828133
F	43	1.55	17.8980229
F	50	1.52	21.6412742
F	50	1.68	17.7154195
F	58	1.67	20.7967299
F	70	1.57	28.398718

Рис. : BMI of Group 29

Group	No. of students	Average BMI
21	9	21.87
22	13	22.63
23	9	22.05
24	8	22.20
25	10	22.22
26	11	24.67
27	11	24.40
28	7	25.12
29	10	22.26
Total	88	23.05

Рис. : Average BMI of 3rd Year 6th Semester Students of KSMU