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Comparative Study of Physical Activity Level and Dietary Habits between Obese Weight Loss Club Members & Obese Ground Activity Peoples

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Abstract:

Overweight and obesity one of the major health problem among today's youth; now we see the health clubs and various activity places most people engaged the physical activity for the weight loss. Give the impact of overweight & obesity on peoples, most are obese people focusing on influencing physical activity and dietary habits so researcher wants to compare the physical activity and dietary habits between obese weight loss club member and obese ground activity peoples aged between 19 to 35 years from Aurangabad. For the present study 10 obese weight loss club member and 10 obese ground activity peoples from Aurangabad were selected using purposive sampling method. Teens lifestyle Questionnaire (PA & dietary habits) developed by M. Al-Hazzaa, et.al (1997) containing 34 items was administered on these obese peoples. The above group was compared using independent sample t test. The analysis for moderate physical activity showed there is no significant difference between obese weight loss club members and obese ground activity peoples and in case of moderate-vigorous physical activity, there is significant difference between obese weight loss club member and obese ground activity peoples. In case of dietary habits obese weight loss club members were better compared to that of obese ground activity peoples in healthy dietary consumption. Hence it was concluded that difference was found in PA level between obese weight loss club member and obese ground activity peoples and in case of dietary habits obese weight loss club member consumption of healthy items were better compared to that of obese weight loss club member.

Keyword: Physical activity, Dietary Habits, moderate physical activity, moderate Vigorous physical activity.

Introduction:

In our history we were more concern about communicable disease till we understand that much of our health diseases can be caused by choices peoples makes in their day to day life. Non communicable disease is defined as disease of long duration generally slow progression and major cause of adult mortality and morbidity worldwide (WHO, 2005). The major Non communicable disease is cardiovascular diseases (including heart diseases & stroke), Diabetes, Cancer & chronic respiratory diseases (including chronic obstructive pulmonary disease & asthma).obesity is the main cause of lifestyle disease.

When energy intake from food chronically exceeds energy expenditure, the body stores excess energy in the form of fat, excess body fat has adverse health effects contributing to lifestyle disease. Obesity is defined as body mass index (BMI) of 30 or greater (USDHHS,1998). Being overweight or obese is a concern because it is a risk factor associated with the development of most of the lifestyle

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disease. A major concern is the rise in the prevalence of type 2 diabetes among overweight adolescents. With the increase in the number of adolescents who are overweight the prevalence of adolescents who develop type 2 diabetes has increased (Lytle, 2002).Most of these conditions are attributable to physical inactivity and unhealthy eating habits (Helmrich et al., 1991; WHO, 2005).

The risk factors for adult chronic diseases, like hypertension and type 2 diabetes, are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits established in people often carry into adulthood, so teaching people how to eat healthy at a young age will help them stay healthy throughout their life

Material & Method:

Methodology is the description of the procedure or technique adapted in research study. The present study was undertaken with a view to investigate the physical activity level and dietary habits of obese weight loss club members and obese ground activity peoples. This study deals with the comparison of the physical activity level and dietary habits between obese weight loss club members and obese ground activity peoples from Aurangabad.

Selection of sample:

For the present study obese weight loss club member and obese ground activity peoples aged between 19 to 35 years from Aurangabad. 10 obese weight loss club member from Desire weight loss club and 10 obese ground activity peoples from Saint Frances school ground Aurangabad were selected using purposive sampling technique.

Variable of study:

Physical Activity and Dietary Habits for Teens lifestyle Questionnaire (PA & dietary habits) developed by M. Al-Hazzaa, et.al (1997) containing 34 items was administered on these obese peoples.

Procedure of study:

A study followed a descriptive survey method where TLS questionnaire was used to collect data. The researcher approached the individual subject & management of club Aurangabad for seeking permissions for collection of data on members and peoples aged between 19 to 35 years. After getting the permission Questionnaires was administered on 10 male obese weight loss club members and 10 ground activity peoples from Aurangabad. Before responding to questionnaire each and every question was explained meaningfully to students & they did not find any difficulty while answering the questions. all the students took between 30 to 35 minutes to complete the questionnaire.

Statistical Tools

The score for moderate physical activity and moderate to vigorous physical activity between obese weight loss club members and ground activity peoples was analyze using Descriptive statistics (mean, standard deviation) & independent sample t test, for testing hypothesis 0.05 level significance was set.

Results of the study:

The present study deals with the assessment and comparison of physical activity level and dietary habits. In this chapter, the researcher will statistically analyze the raw data for physical activity level.

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Table no. 1
Descriptive statistics of moderate and moderate vigorous physical activity for obese weight loss club member and ground activity peoples

Group		N	Mean	Std. Deviation	Std. Error Mean
Moderate physical activity	Members	10	2751.21	1389.431	253.67
	People	10	2676.70	1981.65	361.79
Mod vigorous physical activity	Members	10	1612.80	1505.46	274.85
	People	10	3841.86	3427.38	625.75

Table no. 2
Independent Samples t -Test of moderate & moderate-vigorous physical activity for obese weight loss club member and ground activity peoples

		F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Moderate physical Activity.	Equal variances assumed	4.739	.034	-.169	58	.867	-74.51	441.87
	Equal vari. not assumed			-.169	51.96	.867	-74.51	441.87
moderate-vigorous physical activity.	Equal variances assumed	12.312	.001	3.26	58	.002	2229.06	683.45
	Equal vari. not assumed			3.26	39.78	.002	2229.06	683.45

Dietary habits consist of healthy items consumption and unhealthy items restricted in the meal. healthy items consumption include breakfast, vegetable, fruit and milk and unhealthy items restricted in the meal include sugary drink/soft drink, fast food, French fries, cakes, and biscuits, sweets and chocolate and sports drink.

Healthy items consumption cut off point = 7 days per week

Unhealthy items restricted in the meal cut off point <=3 days per week.

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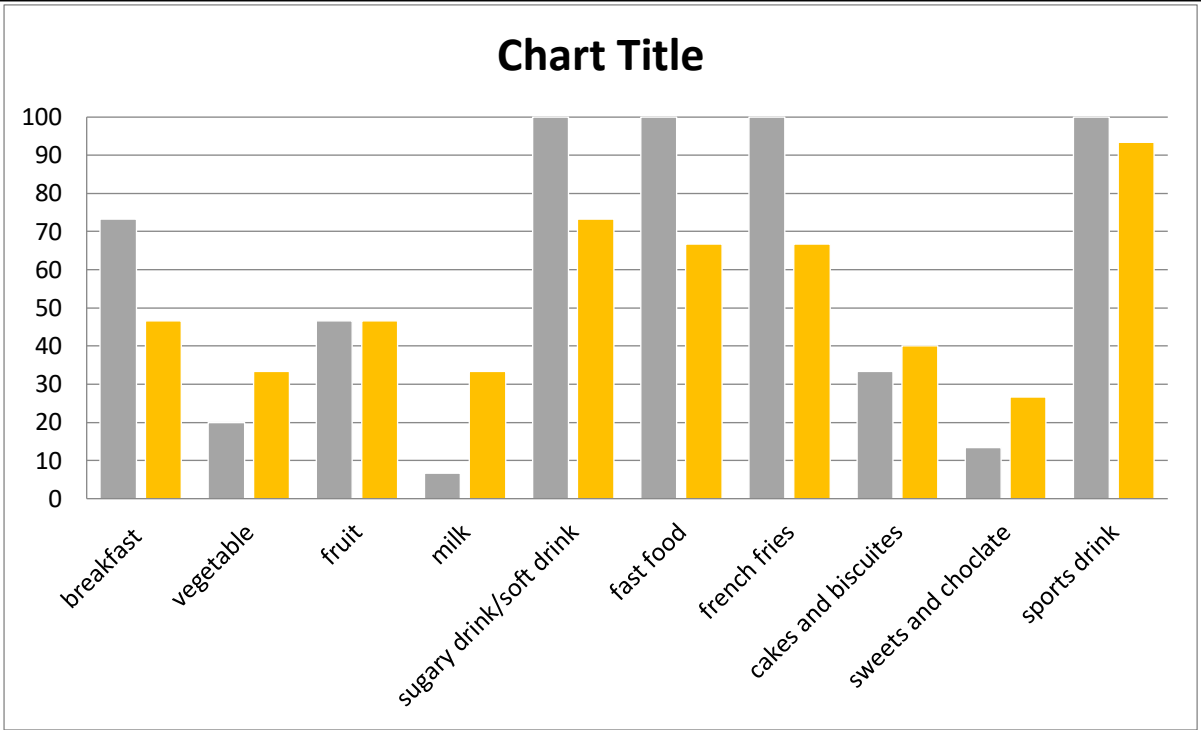

Discussion.

Study from physical activity Patterns and sedentary behaviors, of children from urban and rural areas of Cyprus (2007) shows that Rural children reported spending significantly more time in moderate physical activity Than did urban children Similarly, no differences were found for the average weekly time spent on moderate-to-vigorous activities in case of dietary habits urban children were more likely to consume fruits rather than vegetables, and rural children were just the opposite, more likely to consume vegetables rather than fruits. Both groups consumed approximately two servings of dairy per day. Rural children ate more junk food than urban children, and urban children were more likely to skip breakfast than rural children. Present study shows mixed results. In moderate physical activtyrural children reported better which is similar to the above study however in moderate to vigorous physical activity results is contradictory to our study which report that urban result were better in moderate to vigorous physical activity. While considering dietary habits in our study, items like fruits and breakfast which is similar to the above study which shows urban children were better in consuming fruits and rural children is better in consuming breakfast. And items like vegetable, junk food, and dairy products which are contradictory to our study which shows in items like vegetable and dairy products urban children were better and urban children ate more junk food compared to that of rural children.

Present study shows there is no significant difference between obese weight loss club members and ground activity people in moderate physical activity however in case of moderate-vigorous physical activity there was significant difference between obese weight loss club members and ground activity people. In case of dietary habits rural school children was found to have better dietary practices in most of the food items except for vegetable, fruits, breakfast and sweets and chocolates than obese weight loss club members.

Conclusion

On the basis of the result obtained in the study the research concluded. In moderate vigorous physical activity level if comparison was done taking between obese weight loss club members and

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obese ground activity peoples than can be seen that obese weight loss club member's activity level is higher then ground activity peoples activity levels.

In case dietary habits if comparison was done taking between obese weight loss club members and obese ground activity peoples. obese weight loss club members reported better in healthy food items consumptions and ground activity peoples was better restricting unhealthy food items in the meal.

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