

Prevalence and Factors Influencing Metabolically Healthy Obesity Among Overweight/Obese School Teachers In Urban Area Of Mysuru: Reg ID: 71

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ABSTRACT

Background and Objectives: Among the obese group of individuals there exists a phenotype of people who do not possess any metabolic abnormalities, they are the metabolically healthy obese (MHO) group of individuals. Although a lot of studies have been conducted on metabolically healthy obesity worldwide, there are not much studies in India. The current study thus aims to estimate the prevalence of metabolically healthy obesity among the school teachers in Mysuru, and identify the influencing factors in order to make healthy lifestyle changes.

Methodology: A cross-sectional study was conducted from July to August 2025 among 130 teachers in urban area of JSS schools, selected by simple random sampling. Data were collected using a pretested semi-structured questionnaire covering sociodemographic, lifestyle, and medical history, along with physical measurements and blood investigations, after obtaining written informed consent. Metabolic health was assessed using the NCEP ATP III criteria. Data were entered in Microsoft Excel and analysed using SPSS v28, applying descriptive and inferential statistics. **Results:** Among the 130 participants, 86 were identified as metabolically healthy overweight/obese, of which 66 were metabolically healthy obese, which accounts to 70.9%. Those categorized as metabolically healthy overweight or obese demonstrated relatively lower waist circumference, triglyceride levels, fasting blood glucose, and blood pressure compared to their metabolically unhealthy counterparts. Regression analysis showed that higher physical activity levels and healthy dietary practices were significant protective factors for metabolic health, while inadequate sleep duration was associated with a higher risk of metabolic abnormalities. **Conclusion:** About 70.9% of the participants were metabolically healthy obese. Though these individuals are currently metabolically healthy, they are at a larger risk of developing metabolic syndrome in the future. Hence, designing targeted health interventions is essential to prevent future development of metabolic disorders in such individuals.

KEYWORDS

Metabolically Healthy Obesity, Overweight, School teachers, Mysuru