Human Obesity: A Study of Genetical and Environmental Influences

Family No. _______________  D.O.E. _______________

Name: _______________  D.O.B. _______________

Age: _______________  Sex: _______________

Address: ________________________________________________

Educational Status: ________________________________________________

Socioeconomic Status: ________________________________________________

Occupation: ________________________________________________

GENETICAL FACTORS

I. Pedigree Analysis

II. Genetical Markers

ABO Blood Groups: A / B / O / AB

Rh Blood Groups: Rh +ve / Rh –ve

PTC Tasting Ability: Taster / Non-taster

Secretor Status: Secretor / Non Secretor

III. Body Measurements

Height (cm) __________

Weight (kg) __________

BMI (kg/m²) __________

Classification of Obesity: Underweight / Normal / Pre-Obese / Obese class- I /

Obese class-II / Obese class-III

Waist Circumference (cm) __________

Hip Circumference (cm) __________

Waist Hip Ratio __________
ENVIRONMENTAL FACTORS

Food Habits
1. Diet: Veg / Non-Veg
2. Frequency of Non-Vegetarian diet
3. No. of meals eaten per day
4. How frequently do you eat junk food?
5. How frequently do you eat chocolates / candies / sweets / pastry / cakes?
6. How frequently do you take sweetened beverages?
7. Do you eat snacks in between meals: yes / no
8. No. of times snacks eaten per day
9. Do you prefer eating outside home? Yes / no

Lifestyle
1. Do you perform any physical activity: morning walk / evening walk / yoga / exercise
2. If yes, for how many minutes:
3. and how many days a week:
4. Time spent in watching T.V. / playing video games / on computer / reading newspaper / other sedentary activities:
5. You eat while doing any of the above activities: yes / no
6. If yes, what ____________________
7. Your office / college / school hours :
8. Go to your work place on foot / cycle / automobile
9. Average sleeping hours per day: