

## REVIEWER'S REPORT

Manuscript No.: IJAR-52125

Date: 06/05/2025

Title: A Study Investigating the Prevalence of Obesity Among Employees of a Private Educational Institution in West Bengal

### Recommendation:

- ✓ Accept as it is .....
- Accept after minor revision.....
- Accept after major revision .....
- Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr. S. K. Nath

Date: 07/05/2025

### Reviewer's Comment for Publication:

The study concludes that overweight and obesity are fairly common among employees of both sexes in the institution, with higher prevalence in females. It underscores BMI as an easy and reliable screening tool to detect individuals at risk of chronic diseases and emphasizes the importance of early screening and intervention. This research adds valuable data on occupational obesity within a specific context in West Bengal. While its methodology is straightforward and relevant, its limitations in scope and depth restrict broader applicability. Future studies with larger, more diverse samples and detailed behavioral assessments could provide more comprehensive insights into obesity determinants and effective intervention strategies.

### Reviewer's Comment / Report

#### Strengths of the Paper

##### 1. Clear Objective & Methodology:

The study aims to assess obesity prevalence using standardized BMI measurements. Utilizes a cross-sectional design with data collection through questionnaires and anthropometric measurements, ensuring reliability.

##### 2. Relevant Population:

Focuses on a specific occupational group, which adds to understanding workplace health concerns.

##### 3. Data Presentation:

Provides detailed demographic data and obesity prevalence figures. Uses statistical analysis (Chi-square test) to identify gender differences.

##### 4. Use of Established Criteria:

Applies WHO BMI categories, which are globally recognized and facilitate comparability.

##### 5. Public Health Relevance:

Highlights the need for early screenings and interventions, correlating health issues with lifestyle factors.

#### Weaknesses of the Paper

##### 1. Limited Sample Size & Generalizability:

The sample of 162 employees from a single institution limits the ability to generalize findings across broader populations or geographic areas.

##### 2. Cross-Sectional Design:

Cannot establish causality or temporal relationships between risk factors and obesity.

##### 3. Lack of In-Depth Analysis:

Doesn't explore socio-economic, dietary, or lifestyle factors that could influence obesity rates.

##### 4. Potential Selection Bias:

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Participants are employees attending a health camp, possibly more health-conscious or concerned about their health.

5. **Absence of Behavioral Data:**

No assessment of physical activity, dietary habits, or other behavioral factors influencing obesity.

6. **Limited Discussion on Cultural or Environmental Factors:**

No contextual insights about local lifestyle, environmental factors, or occupational stressors.