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Rukhsana *Editors*

Public Health and Diseases

A Geographical Study of Women's
Health, Urban Mortality and Health
Policies

 Springer

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Chapter 5

Social Exclusion and Relationship Patterns of Overweight Adolescents in North Bengal: A Socio-centric Perspective Through Social Network Analysis



Subham Dey Sarkar, Parangama Chowdhury, Tuhin Dey Roy,
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Abstract The societal implications of being overweight have been studied extensively, and several studies have indicated that social exclusion and isolation are significant problems. The objectives outlined in this study on adolescents' social interactions include comparing the relational patterns of adolescents with and without being overweight and analysing the individual's position within their network from a socio-centric perspective. This descriptive cross-sectional study employed logistic regression and social network analysis. We investigated 411 adolescents' interaction patterns across 24 social networks, categorising them into three contact intensity levels: minimal, intermediate, and maximal (friendship). The WHO standard was used for the measure of being overweight. Overall, 35.28% of those surveyed were overweight (26.52% were overweight, and 8.76% were obese). Adolescents who are overweight tend to isolate themselves and stay outside of their social network. Social network analysis can identify overweight adolescents at risk of exclusion and improve psychological and social functioning. The long-term implications of social exclusion, such as those on one's mental health, relationships,

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