

of the tested Filipino population, 27.3% have either B or C body shape, while almost double (59.1%) of Sri Lankan female medical students fall into the categories of B and C, indicating that the majority of Sri Lankan female medical students assume that they are in normal weight. However, only 1% of Sri Lankan female medical students fall into the Class III obesity category, but 16% - which was remarkably high - of Filipino female medical students fall into this category.

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Previous studies conducted among university students from different countries also revealed that a high number of students (80%-90%) belong to the normal BMI category, whereas the prevalence of malnourished individuals were low [9]. The present study also confirms the reports of Sakamaki et al. [9]. The Pearson Chi square test suggested that a high number of Sri Lankan female medical students believe that they are within the normal weight (59.1%); however only 1.9% of students believe that they are obese. Only 37.0% believed that they

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