

Obesity and its Effects on Health

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Abstract

The prevalence of obesity has nearly tripled since 1975. Around 1.9 billion individuals and children who were 18 years old and older were overweight in 2016. Approximately 650 million people were obese. 39% of adults over the age of 18 were overweight or obese in 2016, with 13% of them being obese. Overweight and obesity cause more fatalities than underweight in the majority of the world's population. There were 38 million children under five who were overweight or obese in 2019. In 2016, there were more than 340 million overweight or obese kids and teenagers between the ages of 5 and 19. Obesity may have been avoided. There are currently around 135 million obese people living in India. The body mass index was once used to quantify obesity (BMI). By 2020, there will be 158 million obese kids worldwide. By 2025, there will be 206 million, and by 2030, there will be 254 million. With 27,481,141 or 27 million obese youngsters, India will actually have the second-highest number after China, well above the 17 million in the United States.

Keywords: Obesity, Body mass index (BMI), underweight, overweight, skinfold thickness.

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INTRODUCTION

An unhealthy or excessive deposit of fat that is detrimental to one's health is referred to as obesity. A person's weight (measured in kilograms) is divided by their height (measured in centimeters), yielding the body mass index (BMI), a demographic indicator of obesity that is used as a fundamental benchmark (in meters). A body mass index of 30 or higher is considered to be obese. Overweight is defined as having a BMI of 25 or greater.

Among other chronic diseases, obesity and overweight are significant risk factors for diabetes, heart disease, and cancer. Previously believed to be an issue only in high-income nations, obesity and overweight are now fast rising in low- and middle-income nations, especially in metropolitan areas.

Definition

- Abnormal growth of adipose tissue due to an enlargement of fat cell size increase in fat cell number.
- Obesity is a condition in which the individual is overweight due to deposition of fat in the adipose tissue.

Several things can Lead to Obesity, Including

1. Insufficient Physical Activity: Our sedentary lifestyles cause us to engage in less physical activity each day, which causes our bodies to store fat.
2. Socioeconomic Status: It is more prevalent among those who earn higher salaries.
3. Unhealthy Eating Behavior: Weight gain is almost certainly the result of a diet high in fat and low in fruits and vegetables.
4. Rating Preferences: Refined foods, fats, and between-meal candy are preferred. Food and beverage fat content is graded.
5. Psychosocial Factors: Emotional disorders like sadness, anxiety, wrath, and loneliness often coexist with binge eating.
6. Due to a genetic propensity, fat parents are more likely to have obese children.
7. Endocrinological Factors: One characteristic of Cushing's syndrome is a lack of growth hormone.
8. Alcohol is generally advantageous to men, despite the fact that it adds to their weight.
9. Smoking and obesity are related.
10. Drugs: beta-blockers, hormones, insulin, and corticosteroids.

Signs & Symptoms

- Increased weight.
- BMI (body mass index) rises.
- Knock knees].
- Laziness.
- Large body frame.
- Increased abdominal girth.
- Difficulty in doing daily activities.
- Inability to take a breath.

Assessment of Obesity:

$$\text{Body Mass Index} = \frac{\text{Weight (kg)}}{\text{Height (m}^2\text{)}}$$

- **Skinfold Thickness:** Measurements are taken from 4 sites i. e. mid-triceps, biceps, sub scapular, supra iliac regions sum of measurements should be less than 40 mm in boys 50 mm in girls.

Obesity and Health Problems

Obesity and excess weight raise the risk of developing the following illnesses:

- Stroke.
- High blood pressure.
- Heart attack.
- Gallstones.
- Type 2 diabetes.
- Gout.
- Sleep apnea.
- Breast cancer.
- Hypercholesterolemia.
- Osteoarthritis.
- Varicose veins.
- Low backache pain.
- Infertility.
- Inability to take a breath.
- Abdominal hernia.
- Large bowel cancer.

How can we Diagnose Obesity?

- By measuring height and weight of individual and their by calculating body mass index.

Preventing and Management of Obesity

Diet:

- Consuming unprocessed meals that are sufficiently nutrient and mineral-dense is advised.
- Eat a green salad with tomatoes and mint leaves to help your body burn fat.
- Some fruits that will keep you healthy and safe include apples, pineapple, papaya, and carrots.
- After your regular meal and dinner, sip on a glass of lukewarm water to aid in fat burning.
- Combining sunflower oil with other vegetable oils, such groundnut oil, makes it the perfect cooking oil.

- Eat organic, lush green vegetables.
- Reduce the salt, butter, and deep-fried meals in your diet.
- Never skip breakfast as it promotes negative eating habits that lead to obesity.
- Keep potatoes out of your diet, and stay away from simple carbs and fats.

Exercise:

- Encourage the person to do more physical activity by saying, "Exercise."
- Increasing your energy consumption calls for consistent exercise.
- A daily stroll will increase calorie burning.
- Do frequent yoga asana and breathing exercises to maintain your body healthy and your mind secure.
- Take a vigorous morning walk every day, especially in the summer, as it helps to reduce obesity.
- Do some sit-ups and push-ups to strengthen your abs and increase your body's flexibility.

Water:

- Drink a lot of water every day because it is very effective at reducing obesity.

Other Factors: Consist of taking appetite suppressants.

Surgical Procedure

1. Gastric surgery.
2. Gastric bypass angioplasty.

CONCLUSION

Health education is crucial in helping people learn how to control their eating habits and lose weight in order to prevent obesity.

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