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RESEARCH ARTICLE

FACTS RELATED TO OBESITY

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ABSTRACT

Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. Once associated with high income countries, obesity is now also prevalent in low and middle income countries. Governments, international partners, civil society, nongovernmental organizations and the private sector all have vital roles to play in contributing to obesity prevention.

Key words:

Obesity, Prevalence,

Over weight,

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INTRODUCTION

Obesity is a major public health issue among children and adults. Childhood related obesity is an increasing concern to the health and wellness of the child. The prevalence of childhood obesity is increasing in developed and underdeveloped countries. National health and nutrition examination survey estimated that 16.97% of children and adolescent in the group of 2 to 19 years were obese.

FACTS RELATED TO OBESITY

Overweight and obesity are defined as "Excessive fat accumulation in the body and may affect total health"

Body Mass Index is one of the common measurements to identify the obesity level. BMI = Weight in kilograms/Height in meters Kg/m². World health organization defines Overweight as a BMI equal to 22 to 25 according to the age group of the students in growth chart and above 25 is the Obesity.

In 2008 more than 1.4 billion adults were overweight, and more than half a billion obese

More than 1.4 billion adults were overweight in 2008 and more than half a billion were obese. Nearly 2.8 million people die each year due to overweight or obese. Between 1980 and 2008 the prevalence of obesity has nearly doubled. Obesity was associated with high income countries previously, now obesity is also prevalent in low and middle income countries.

42 million preschool children were overweight globally in 2013

In 21st century childhood obesity is one of the most serious public health challenges in world wide. Overweight children are likely to become obese adults in future. They are more chance to develop Non communicable disease than normal children at a younger age, which is associated with a higher chance premature death and disability.

In worldwide deaths associated with Overweight and obesity is high s than associated with underweight

In worlds 65% of the population lives in a country where Overweight and obesity kills more people than underweight. This affects all socio economic groups. Nearly 44% Diabetes,

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23% ischemic heart disease and 7 to 41 % cancer are associated with overweight and obesity.

Obesity is usually the result of an imbalance between calories consumed and calories expended for an individual

An increased intake of high energies foods, without an equal increase in physical activity, leads to an increased weight. Decreased physical activity also leads to energy imbalance and weight gain.

Communities and supportive environments are important in preventing obesity

World Health Organization mobilizes the stakeholders who have vital roles to play in shaping healthy environments and making healthier diet options and easily accessible. And Individual responsibility to access a healthy life style and are supported to make healthy dietary choices.

The surrounding environment is playing vital role and influenced the children's choices, diet and physical activity including habits

Certain factors, Social and economic development and policies in the areas of agriculture, transport, urban planning. Environment, education. Food processing, distribution are influencing children's dietary habits and preferences as well as their physical activity. These influences are promoting unhealthy weight leads to increase the prevalence of childhood obesity.

Healthy diet can help to prevent obesity

As people throughout Asia become more affluent towards junk foods which is having the risk of obesity and other health related problems. About 53% of men and 44% of women are projected to become overweight by 2015 in India due to the addiction of junk foods. According to a study on school children in Ranga Reddy District in A.P (India). Prevalence of overweight among urban adolescent school children was higher (11%) than in their rural counterparts (NNHB2001) This is attributed to the eating habits (Junk Foods) and sedentary life style. Junk food has become a prominent feature of the diet of children throughout the world. Junk food pose health risks both because of what they contain and what they replace in diet. "Say No to Junk Foods! Go Healthy".

Children can:

- Follow the healthy dietary habits.
- Limit the sugar and carbonated drinks and salty items.
- Increase intake of fruits and vegetables.
- Avoid food from outside and junk foods.
- Maintain healthy weight.

Regular physical activity helps to maintain a healthy weight

People should engage in adequate levels of physical activity throughout their lives.

At least 30 minutes of regular, moderate-intensity physical activity on most days reduces the risk of cardiovascular disease, diabetes, colon cancer and breast cancer. Muscle strengthening and balance training can reduce falls and improve mobility among older adults. More activity may be required for weight control.

"Exercises May Happy And Improve Health By Helping The Brain Before With Stress".- [American psychological association]

For, Jogging [435 calories burned/hour]
Walking [167 calories burned/hour]

- Cycling [508 calories burned/hour]
- Swimming [653 calories burned/hour]
- Dancing [254 calories/hour]

Population-based multi sectoral, multi-disciplinary, and culturally relevant approaches are requires to prevent global obesity

Global Strategy for the prevention and control of Non Communicable Disease action plan by World Health Organization provides a roadmap to establish and strengthen the initiatives for the surveillance, prevention, and management of Non Communicable Disease and Obesity.

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