Exploring Weight Loss Preferences Among Obese Males: An Age-Group Analysis

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Abstract

This study investigates preferences for weight loss attributes among obese individuals. The global rise in obesity, with over 1.9 billion adults classified as overweight and 650 million as obese, has prompted concerns about its health impacts. Developing countries face increased obesity risks due to factors such as unhealthy dietary habits, sedentary lifestyles, limited healthcare access, and financial constraints. In India alone, more than 135 million individuals are affected by obesity, a condition characterized by excess body fat beyond normal requirements. Various weight loss attributes, including diets, physical activities, pills, and surgeries, are explored. The objectives of the recent study are to assess Body Mass Index (BMI) among different age groups of male obese individuals and to understand their preferences for weight loss attributes. Descriptive research methodology is adopted to analyze data from a sample of 80 participants. Findings reveal that adolescents primarily prefer dietary changes (95%), while adults and elders favor gym activities (35%). Pills are a lesser-preferred option across age groups. This study provides insights into age-related weight loss preferences among obese males. In conclusion, the global rise in obesity mandates concerted efforts to curtail its cascading health implications. The prevalence of obesity across age groups underscores the need for tailored interventions that account for diverse preferences and attributes. Addressing obesity entails fostering healthier dietary choices, promoting physical activity, and embracing comprehensive weight loss programs. Initiatives like the Reweight program offer promising avenues for combating this epidemic.

Keywords: Obese male, BMI, Preferences for Weight loss, Age group, Overweight.

INTRODUCTION

The prevalence of obesity has emerged as a pressing global public health challenge, transcending geographical and economic boundaries. As of 2016, over 2 billion adults, constituting 44 percent of the global adult population, were grappling with overweight or obesity issues. This phenomenon is not confined to affluent nations, as more than 70 percent of these cases are reported in low- to middle-income countries. This paper acknowledges the need to address this pandemic in diverse contexts, particularly in countries where under-nutrition persists, potentially giving rise to a dual burden of malnutrition **(Chaudhary & Sharma, 2023).**

Body Mass Index (BMI) as an Indicator

Obesity is characterized by the accumulation of excessive body fat that detrimentally impacts health. A widely employed measurement to gauge overweight and obesity prevalence within populations is the Body Mass Index (BMI), calculated as weight in kilograms divided by height in meters squared. This metric serves as a crucial tool in identifying the extent of obesity-related health risks **(World Health Organization, 2000).**

Storage fat is the fat stored mainly in the subcutaneous tissue as a result of the additional energy received through food. In healthy young adults the total body fat represents the 15-20% of total body weight for men and 20-25% of total body weight for women**. (Mari ,P., et al (2009.**

Diverse Food Preferences and Weight Loss Attributes

Human food choices are a complex interplay of various factors, including personal preferences and cultural influences. **Mette et al. (2014)** point out that individuals exhibit diverse food preferences, which can impact their dietary decisions. The heterogeneous nature of these preferences poses a challenge when devising interventions to promote healthier eating patterns.

For individuals aiming to lose weight, a range of attributes comes into play, including dietary modifications, physical activity, and surgical interventions. The Reweight program, for instance, emphasizes healthy eating and physical activity, integrating superfoods, structured diets, nutritional guidance, and digital monitoring **(Shunmukha et al., 2017).** The presents study is in the direction to understand the various attributes towards weight loss among obese. The main objectives of the study are:
1. To assess the BMI among different age group of male obese.
2. To assess preferences towards weight loss among different age group of obese males

METHODOLOGY

A descriptive research design is employed to analyze relationships among variables, with a focus on the current conditions. Its focus is on the preferences concerning weight loss attributes within different age groups of 80 obese males, effectively capturing a momentary cross-section of their opinions. Data collection involves the use of checklist schedules and interview schedules, with data collected from different areas and colleges in Bareilly district. The data collected from this sample is then subjected to descriptive statistics, including frequency and percentage analysis. This method concisely condenses the information, revealing insights into the prevailing preferences.

RESULT AND DISCUSSION

The analysis of Body Mass Index (BMI) status among obese males, stratified by age groups, revealed distinct categories of weight status, namely overweight and obese. The distribution of BMI values among respondents was comprehensively presented in Table 1, offering valuable insights into the prevalence of different weight classifications within each age category.

Table.1: Body Mass Index (BMI) Status Among Males (N=80)

Respondents (N=80)	Overweight		Obese	
	F	%	F	%
Adolescents	16	80	4	20
Adult	11	55	9	45
Elder	15	75	5	25
Older	17	85	3	15
Total	59	73.75	21	26.25

The data underscored that among adult respondents, a significant portion of 55% were categorized as overweight. In the case of adolescents, elders, and older individuals, a near-equivalent prevalence of overweight was observed, with percentages of 80%, 75%, and 85% respectively. This finding highlights the widespread issue of overweight status across age groups among the male obese population.

Furthermore, a closer examination of the data unveiled that a minority of older respondents, specifically 15%, were classified as obese. This was followed by adult respondents, of which 45% fell into the obese category. Notably, among adolescents and elders, similar proportions of 20% and 25% respectively were identified as obese, signifying a noteworthy occurrence of obesity within these age groups.

These findings collectively emphasize the variability in weight classifications across age groups and the distinct challenges posed by overweight and obesity within each category. The data not only reinforces the need for tailored interventions to address different age-related weight concerns but also highlights the importance of a comprehensive understanding of the relationship between age and weight status in designing effective strategies to combat obesity.

Table 2- Preferences of Respondents to Various Attributes for Weight loss (N=80)

Respondents (N=80)	Preferences to Attributes					
	Changing diet		GYM		Pills	
	F	%	F	%	F	%
Adolescence	19	95	1	5	0	0
Adult	16	80	2	10	2	10
Elder	11	55	7	35	2	10
Older	15	75	5	25	0	0
Total	61	76.25	15	18.75	4	5

The comprehensive analysis of data preferences concerning weight loss attributes among obese males discerned notable trends within distinct age categories: Adolescents, Adults, Elderly, and older individuals. The study's focal point, Table 2, presented a breakdown of age-related data frequencies and the corresponding attribute preferences for weight loss. The data unveiled a prevailing inclination towards dietary adjustments as a weight loss method, with an overwhelming majority of adolescents (95%) and

adults (80%) embracing this approach. In contrast, the elderly group exhibited a higher preference (35%) for gym-based interventions.

Interestingly, the adoption of weight loss pills as a strategy showed a modest appeal across all age groups, with adolescents and older individuals showing the least interest (0% and 4% respectively). These findings provide valuable insights into how age influences weight loss preferences, emphasizing the significance of dietary modifications as a preferred approach, particularly in younger age groups. Furthermore, the data underscores the varied choices that individuals make as they transition through life stages, reflecting the evolving priorities and preferences that contribute to the diverse landscape of weight loss strategies.

CONCLUSION

The escalating global concern surrounding obesity has shed light on an urgent public health challenge, with its prevalence increasing significantly since the early 21st century. To combat this global epidemic, a targeted focus on low-income and middle-income countries is imperative to curb the escalating rates of obesity and prevent its far-reaching health effects. The complexity of obesity is compounded by individual food preferences, a key influencer of dietary choices. Within the realm of weight loss strategies, multifaceted approaches involving dietary adjustments, physical activities, and even surgical interventions play a vital role. Among these, programs like the Reweight program underscore the significance of adopting healthy eating habits and regular physical activity as essential components for achieving successful weight loss.

The findings of this study underscore a prevailing inclination towards modifying dietary habits for weight loss across different age groups.

In summary, the global escalation of obesity necessitates comprehensive efforts to address its wide-ranging health implications. While acknowledging the diversity of food preferences, fostering healthier dietary choices, and encouraging physical activity are pivotal. Tailored weight loss programs, such as the Reweight initiative, offer promising avenues for intervention. Moreover, rigorous research methodologies contribute to a deeper understanding of these complex issues, enabling the development of targeted strategies. By embracing a multi-pronged approach to tackle obesity, societies can mitigate its impact and promote enhanced health outcomes for individuals worldwide.

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