

Effects of Obesity and Prevention

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Abstract:

The body Weight varies with sex, age, height, skeletal Structure, Therefore it is not possible to recommend an ideal weight for an individual. The excess weight is called as obesity. Body weight is directly associated with various risk factor. Having over weight or obesity increases your risk of heart disease, Stroke, type 2 diabetes, high blood pressure, fatty liver diseases, cancers, and kidney disease etc. Obesity is a condition where your weight affects your health. Now-a-day's it is a long-term (chronic) condition with a wide range of causes. The aim of present study was to find out the effects and prevention of obesity. The author rise to aware of society about obesity and its prevention in this present study.

Keywords: WHO, Obesity, Prevention, Effects, BMI

Introduction:

Now a day increases the many medical problems due to obesity. Today obesity is considered to be somewhat like a disease. Obesity is a disorder involving excessive body fat that gives rise to many health problems. Obesity effects the all body origins that increases the risk of heart disease, diabetes and certain cancers also. Defined obesity as abnormal or excessive fat overweight. accumulation that presents a risk of health. A body mass index (BMI) over 25 is considered over. overweight, and over 30 is obese. A BMI of 40 on higher is considered severe (formerly "morbid") obesity. Today obesity is a globally crisis 2.8 million people dying each year as a result of being overweight or obese. Therefore WHO acceleration plan to stop obesity, and launches new health service delivery framework for prevention and Management of obesity. According to the World Health Organization (WHO), the Prevalence of obesity has tripled since 1975. In 2016 over 1.9 billion adults were overweight and out of them 650 million people were obese. In 2022, over- weight around 37 million children under 5 globally and over 390 million children and adolescents aged 5- 19 years were overweight. Presently 2.3 billion children and adults are living with overweight and obesity suggested by Global Estimates. If current trends continue, 2.7 billion adults could be living with overweight or obesity by 2025. Today obesity is a major public health challenge that effects almost every country in the world. The highest rates of obesity are still found in the WHO Americas region for both men and women. The World Obesity Atlas 2022. Published by World Obesity Federation, predicts that one billion people globally, including 1 in 5 women and 1 in 7 men, will be living with obesity by 2030.

The World Health Organization and the U.N. was surveyed the current obesity rates and trends in 180 different countries and to arrive at its newly projected figures. As per survey the highest obesity world projected 2035 obesity rates tend to cluster in the south Pacific, with Kiribati and Tonga at 6.7%, followed by Samoa at 6.6%, French Polynesia at 6.5%, and Micronesia at 6.4%. The U.S. registers near

the top, with a reate of 58%. In the Country Asia the lowest projected obesity are found with Vietnam at 7%, followed by Japan at 8%, Singapore at 9%, and both India and Bangladesh at 11%. Presently every nation is effected by obesity which can prevent and treat by proper way and requires financial investment.

Objectives:

The main objectives of this study are as under :

- To raise the awareness of obesity
- To educate the public about important topics Related to obesity.
- To help rais awareness of Public about various side effects of obesity.
- To ensure everyone how to improve our health and build a better world free from obesity.

Methodology

A. SOURCES OF THE DATA:

Following are the sources of data

1. Books
2. Journals
3. Magazines
4. Websites

B. COLLECTION OF DATA

The different books, journals and magazines is available in college library and personal library, which also assisted the author in the collection of data. The author is collected the related data through various websites from internet connection.

2. TOOLS USED

Android Mobile Phone and Computer.

Definition of Obesity :

Obesity is commonly defined as having too much body mass. Various definitions of obesity have been given by many researchers. However, the Simplest definition of obesity is too much body fat (Felocity & Ann, 1993). Obesity my be expressed in terms of Body Mass Index (BMI) or Quetelets Index. BMI is calculated by dividing the body mass in Kilogram by height in meter. A BMI of 30 or more in males and 28.6 or more in females indicates obesity (Park & Park, 1997). Recently, new term "Central Obesity" which is indicated by an increased waist to hip ratio is used (WHO, 1996). WHO defines overweight and obesity as follows: overweight is a BMI greater than or equal to 25; and obesity is a BMI greater than or equal to 30.

Types of Obesity:

There are three greater general classes of obesity they include by the following table:

Class	BMI	Weight Band
I	25-30	overweight
II	30-40	obese
III	> 40	Morbidly obese

Causes of obesity:

Obesity is invariably caused by consuming more calories in Food than the expenditure of Calories as energy burn through physical activity. The excess energy is stored by the body as fat. The various causes for excessive fat in human body are:

- Genetic Tendency
- Sedentary Lifestyle
- Poor Diet
- Lack of sleep
- Lack of Physical activity
- Unhealthy eating behaviors
- High amounts of Stress
- Smoking
- Sweetened Drinks
- Socioeconomic factors
- Metabolic factors
- Environmental factors
- Pregnancy
- Medical reasons

Effects of Obesity :

Obesity is a global health problem that is affecting people of all ages. Obesity is more likely to be affected by a host of other diseases such as diabetes, digestive diseases, inflammation of the kidney, gallbladder diseases. Obesity is runs greater risk of coronary heart diseases, heart failure and angina pectoris the obese people is always faced in respiratory trouble because more oxygen is required and the lungs have the work hander. Their body makes more carbon dioxide, but due to reduced ventilation. A obese pension has more blood vessels and so the heart has to very work.

The blood pressure level of fat person is generally goes up. He is likely to have higher levels of cholesterol and blood lipids, that's why high risk of heart failure. Being overweight or obese can leads to serious health disease like cancers (endometrial, brest and to colon), which causes premature death and substantial disability. The excess body but also likely to have knee and ankle problems. It's can directly effects of respiratory system and put stress and strain on your musculoskeletal system, which contributes to asthma, sleep apnea, obesity hypoventilation syndrome, osteoarthritis, back Pain and gout. According to the US. centers for Disease Control and Prevention, 1 in 3 adults with obesity also has arthritis. A obese or fat persons are considered to have less life expectancy and they are considered to be of risks by life insurance Companies. The fat persons is always inactive and lethargic, which directly effects of personality because they cannot claim of charming moods. Always he Feels difficulty in balancing and cannot walk fastly.

Prevention of Obesity:

Overweight and obesity is considered as non communicable diseases, it gives rise to many health problem are largely preventable and manageable. The first necessity for reducing weight in his Intention and will power. The obesity is a Chronic disease affecting an increasing number of children, teens and

adults. Prevention of obesity is most vital because in U.S. having doubled obesity rates among children since 1980. About 19.7% of children ages 2 to 19 are considered obese, compared with over 41% of adults who are considered obese. The obesity prevention programme will be determining of your complete health Profile. The individual obesity prevention plan may include:

- Change your diet personally, eating more Plants, fruits vegetables, whole grains and legumes tend to be lower in fat and 'higher in fiber and micronutrients. Speaking generally, butter, whole or malted milk oil, meat, Patatos, ice cream, cocoa, sugar ere. should be avoided. Taking less calories at a time also helpful. The requirement of Calories is more for a strenuous life. Fasting may be helpful but it should not be more than one a weak.
- Stress has been suggested as one environmental factor that my contribute to the development of obesity. Stress is foster the emotional brain networks and develops the eating behavior that may lead obesity. Stress also induces secretion of both glucocorticoids, which promotes food intake and obesity. So stress should be avoided for preventing the obesity.
- Regular Physical activity adequate to achieve at least a moderate level of Physical fitness has been shown to be beneficial for prevention of obesity or related disorders. Physical activity burns extra calories. Aerobatic exercises such as walking, running, rope skipping jogging, by eye ling Stationary on movable etc. help in burning of fat. Every day accompanied with some stretching and strenghenic exercise which tight up saggy mussels. Playing racket ball, hardball, football, swimming, squash, badminton, skiing, dancing and yoga are also off helpful for prevention of obesity. To achieve fitness and reduce obesity you should start of slowly and take regular exercise lasting at least 20 minutes, for a minimum of three times Per week.
- Healthy lifestyle can play a vital rule to prevention of obesity. Regular exercise, smart eating habits, free from toxic drugs and frequent visits to doctor is the only way to Preventing this obesity.

Conclusion:

Today obesity has markedly increased during the past few decades. Obesity is one of the most different health hazards in the world, affecting more than 30 percent of the global population. Millions of human beings in the third world Countries die from starvation while millions of people in the developed world eat too much with less Physical activity and risk an earlier death directly or indirectly by obesity. The obese person may be Prone to suffer from a number of diseases like hypertension, diabetes, heart disease, spinal problem, cancer, Postural deformities, sexual problems, stroke and Possibly to an extent premature death. Therefore it can be concluded to say that regular exercise with smart eating habits and healthy lifestyle is the only way to prevent the obesity and release of stress and Strain.

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