



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Obesity: An Underrated ‘Silent Killer’

Dr Nirlep Kaur

Associate Prof Physical Education

G.N.N.College Doraha

Its causes & Management

Abstract: - Obesity or overweight is a state of the body in which excess fat is stored in tissues. Obesity is often expressed in terms of body mass index (BMI). The Greeks were the first to recognize obesity as medical disorder. Obesity was once known to be a disease of the rich and advanced countries but due to the changes in life style and eating behavior this menace is catching up very fast in the developing world as well. Obesity also affects the children as well as adults. It is the one of the most significant contributors to ill health. Overweight is usually due to obesity but can arise from other causes such as abnormal muscles development. Studies show that the person suffering from obesity suffer from many health risk problems like heart disease, stroke, arthritis and some forms of cancer. Globally there are more than 100 crore overweight adult at least 30 crore of them obese. Almost 15% of Indians are obese. Obesity in India is not restricted by age or gender. Childhood obesity is also becoming more prevalent. It was found that 38% women and 30% men are obese in Punjab. World Health organization (W.H.O) has recognized it as global epidemic as reported in its technical report. Obesity can become a chronic lifelong condition due to bad habits of eating, physical inactivity and some genetic problems. No matter whatever the cause obesity can be managed with the combination of diet, and exercise behavior. In severe cases weight loss medications and surgery can be done.

Keywords: Obesity, Body mass index, Overweight, Arthritis, Stroke, Genetic problems

Introduction

There are many silent killers like malnutrition, hypertension, diabetes, HIV/AIDS etc but other than that obesity also is a silent killer, which is exist in our society from very long time and whole world is in the grip of this problem.

It is a medical condition characterized by the storage of excess body fat. We are putting our own graves by our bad habits of eating and less exercise. Earlier it is considered a problem of high income countries but now days it also raises in low and middle income countries. In whole world there are more than 100 corer over weight adults and from them 30 corer are obese. Almost 15% of Indians are obese, it was found that 38% women and 30% men are obese in Punjab. A study conducted by obesity surgery society of India in leading public schools across the country shows that 30% of students are obsess. It is due to fast food habits growing in children and less interest in sports activities. Obesity can be measure through our BMI. A Study on obesity, diabetes and heart disease, (AIIMS 2002-2005) showed that nearly 50% urban women above 35 have unhealthy body shapes. WHO estimated in 2016 that more than 1.9 billion adults were overweight and 650 million were obese. At least 2.8 million people each year as a result of being overweight or obese. Individuals whose BMI is between 25 and 29.9 kg are termed over weight, whose BMI is more than 30 kg are obese, whereas person with BMI more than 35kg fall in super obese category. People with BMI below 18.5 kg tend to be underweight. The body mass Index is measured by the height and weight of the person, for example if a person has height 152 centimeters and weight is 60 kg then his BMI can be measured by this formula: Height 152 centimeters = 1.52 meters Square of height $(1.52 \times 1.52) \text{ m}^2 = 2.31 \text{ m}^2$, Weight : 60 kg.

$\text{BMI} = \text{Weight}/\text{height}^2 = 60/2.31 = 25.97$ will be the BMI of 60 kg person. Obesity is the root of the problems like hypertension, diabetes, heart attacks, heart blockages which we always ignore.

The following are the symptoms of obesity: Poor Life style is the main reason for obesity. At least 30% of world's population gets insufficient exercise which leads to accumulate excess calories as fat. There are some symptoms through which one can judge the obesity i.e. excess body fat particularly around the waist, difficulty in sleeping, shortness of breath, snoring, sleep apnea, pain in back and joints, excessive sweating, always feeling hot, rashes or infection on folds of skin, fatigue and psychological problems such as depression, shame etc.

Causes:

1. In some cases obesity is genetic and hormonal influences, but in many cases the important reason is that when we take more calories but less exercise, result turns into obesity which initially visualizes very less but then it makes its permanent home in your body. Bad and unhealthy eating habits are the part of today's generation. Most of the people eat their breakfast very late or skip it due to an over-busy schedule. They come late in the night and wake up late in the morning. In the night they eat high-calorie food, drinks etc. The habits of skipping food or overeating in late hours contribute to weight gain. Insufficient sleep is one of the reasons to gain weight and obesity. Fat cells in our body and psychiatric problems are also the reason of severe obesity.

Secondly, younger people and kids watch television too much while eating, which is the biggest reason for gaining weight, because when a person swallows the less-chewed food it creates the problem for our digestive system. Youngsters are very keen to eat fast food like noodles, burgers, Maggi, macaroni, pizza etc. which ultimately leads to obesity.

Certain medicines also lead to weight gain. In cases of women during pregnancy they gain weight and after delivery they find difficulty to lose it. Especially rather than normal pregnancy the women who pass through surrogacy or get IVF treatment they gain much weight due to high-potency medicines. These doses increase the hormonal level. In old age problems like arthritis, joint pains, ladies decrease their activity which may result in weight gain. Another important factor after menopause many ladies gain weight which is a natural problem but if we try to continue our exercise it may be overcome.

The persons who are taking too much alcohol lead to the problem of obesity. Obesity tends to run in families. Social and economic issues are also linked to obesity.

Problems: When a person is obese he/she developed a number of serious health risk problems like blood pressure, lipid abnormalities, cancer, cancer of uterus, cervix, ovaries, breast, rectum, prostate, depression, gallbladder disease, gynecological problems, such as infertility and irregular periods, heart disease, metabolic syndrome, liver disease and osteoporosis. Skin problems like impaired wound healing, sleep apnea, stroke etc. These all problems affect your quality of life.

Disadvantages of obesity

1. The person who is obese can't do activity easily or properly.
2. In society obese person feels uncomfortable to move and be a funny character for others.
3. Problem to choose the favorite clothes and footwear.
4. Problem to react immediately generally or in natural problems i.e. earthquake, storms, fire and flood etc.
5. In employment for instance if physical education teacher or dance teacher is obese he/she can't give proper demo to their students for activity.
6. That person can't enjoy family functions.
7. He/she face the problem to fit in normal furniture and vehicle.

How obesity can be diagnosed.

1. Your doctor can review your weight history.
2. By calculating your BMI. Individuals whose BMI is between 25 and 29.9 kg are termed overweight, whose BMI is more than 30 kg are obese, whereas person with BMI more than 35 kg fall in super obese category.
3. Measuring your waist circumference the women with a waist more than 35 inches and men with a waist of more than 40 inches are obese persons and they may have more health risk than people with smaller waist measurement.
4. Laboratory test also diagnoses the obesity by complete blood count (CBC) blood fats, cholesterol level, liver function tests, thyroid test.
5. Heart test such as ECG.

6. General physical exams which includes measuring your height, weight heart rate, blood pressure, temperature, listening to your heart and lungs and examining your abdomen
7. The simplest way is that if you are not fit in your normal furniture of your house then you consider yourself as obese.
8. Stand straight and try to look at your feet. If you unable to see your feet, you are obese
9. Pinch your skin somewhere i.e. arm, leg stomach etc. If the skin doesn't come in to your hold, you are obese

Treatment

Treatment of obesity enhances the quality of one's life by reducing the risk of serious health problems. It can be possible by exercise, balance nutritional diet and your behavior. As you need to work with a trained health professionals like dietitian, therapist or an obesity specialist or a professional dancer.

1. One should integrate moderate exercise into one's life style
2. Do exercise daily at least half an hour which burn your calories
3. Don't do fasting.
4. Say Good bye to sweets like chocolates, candies processed food, cold drinks high energy density.
5. Make your diet chart with the help of dietitian which includes fruits, vegetables and whole grain focus on low calorie food.
6. Increase your daily activity. Regular aerobic exercise is the most effective way to burn the calories and say good bye to excess fat.
7. More obese person should follow the recommendation of doctor.
8. In some cases weight loss surgery can also be needed.
9. According to the American college of Sports medicine a person should need 150 to 250 min activity per week to prevent weight gain.
10. Dance is a best way to reduce your weight cause with dance as your muscles take part in movements same time you enjoyed it as well.
11. Taking part in sports competition is the best way to reduce your weight and mental tension for example in 6th Dr Ambedkar international kabaddi tournament two girls are very fat whom people called Moto with love they are performing very good game in competition and with this involvement both girls overcome their obesity and set an example for obese person that nothing is impossible.
12. Take plenty of water and Start your day at least with a glass of water so that impurities can remove from body.
13. Simple ways to reduce obesity take warm water in the morning.
14. Don't take tension keep away the psychological problems.
15. Park your vehicle at least half km away from your office and go on foot.
16. Take the dog for walk and try to cope up with the speed of animal.
17. Carry your bags of groceries to your car yourself.
18. Do your work own.
19. Do not use always remote to use the electronic gadgets.
20. Take plenty of water and Start your day at least with a glass of water.
21. Mow your lawn with a push mower.
22. Make a kitchen garden in your own home.
23. Surround yourself with the people who exercise regularly.
24. Develop social circles, based on exercise, walking in the morning, hopping and jumping.

- 25 . Organize activity related camps, matches.
- 26 . Organize yoga shivers.
27. Engage the women more in activities.
- 27 . Stick to the changes in lifestyle.
- 28 . Focus on low calorie, nutrient dense foods.
- 29 . Monitor your weight regularly. It will help you to keep your weight in control
- 30 . Keep your clothes fit don't make it loss as you expand.
- 31 . Avoid use of drugs.
- 32 . Meal replacement plans help you to lose your weight i.e. such as low calorie shakes or meal bars etc.
- 33 . Increase your daily activity.
- 34 .Don't reduce your weight less than 2 pounds per week, because rapid weight loss is unhealthy.

Conclusion;

Obesity is the one of the epidemics affecting population of both developing and developed countries. It creates many serious problems. The rise in prevalence of obesity has occurred concurrently with modernization of life styles, low level of physical activity and accompanying dietary changes. Approximately 315 million worldwide falls in to obesity categories, however the true picture may even be worse. At last it can be concluded that obesity which is the main health problem in modern life which can be prevented and managed with the combination of diet, exercise, behavior, your life style etc. Exercise should be a part not only of every weight loss plan but also of our whole beings .Exercise helps one to burn calories and lose weight. Remember do exercise for 150 minutes or 200 minutes per week. Even if no weight is lost, you will be obtaining health benefits.

References :-

1. <https://www.mayoclinic.org.obesity>
2. <http://www.vanguardngr.com>
3. www.abilitypath.org.
4. WHO (2002) International agency for research on cancer, IARC Handbook of cancer prevention Weight control and physical activity, IARC press Lyon 2002.
5. <https://www.cdc.gov>
6. The practical guide: identification, evaluation and treatment of overweight and treatment of overweight and obesity in adults. National institutes of health, National Heart, Lung and blood institute.
7. <https://www.who.int.....detail>