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Horrors of obesity and ways to fight them

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Abstract

This paper aims to draw attention towards the major problem of Obesity and various ways to deal with it. Obesity has negative effects on health, leading to reduced life expectancy and increased health problems. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity. Obesity means weighing too much or that a person's weight is greater than what's considered healthy for his or her height. Dieting and exercising are the main treatments for obesity. Diet quality can be improved by reducing the consumption of energy-dense foods, such as fat and sugars, and by increasing the intake of dietary fiber. With a suitable diet, anti-obesity drugs may be taken to reduce appetite or decrease fat absorption. If diet, exercise, and medication are not effective, a gastric balloon may assist with weight loss, or surgery may be performed to reduce stomach volume and bowel length. So the purpose of this is to find out the effects of over weight on the health of human kind.

Keywords: health, obesity, exercise.

Introduction

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and/or increased health problems. In Western countries, people are considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, exceeds 30 kg/m², with the range 25-30 kg/m² defined as overweight. Some East Asian countries use stricter criteria.

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications, or psychiatric illness. Evidence to support the view that some obese people eat little yet gain weight due to a slow metabolism is limited. On average, obese people have greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass.

Dieting and exercising are the main treatments for obesity. Diet quality can be improved by reducing the consumption of energy-dense foods, such as those high in fat and sugars, and by increasing the intake of dietary fiber. With a suitable diet, anti-obesity drugs may be taken to reduce appetite or decrease fat absorption. If diet, exercise, and medication are not effective, a gastric balloon may assist with weight loss, or surgery may be performed to reduce stomach volume and/or bowel length, leading to feeling full earlier and a reduced ability to absorb nutrients from food.

Obesity is a leading preventable cause of death worldwide, with increasing rates in adults and children. Authorities view it as one of the most serious public health problems of the 21st century. Obesity is stigmatized in much of the modern world (particularly in the Western world), though it was widely seen as a symbol of wealth and fertility at other times in history and still is in some parts of the world. In 2013, the American Medical Association classified obesity as a disease

Key word definition

Health—"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." (WHO) World Health Organization.

Obesity

Obesity is a complex disorder involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It increases your risk of diseases and health problems such as heart disease, diabetes and high blood pressure.

Exercise

Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

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Being extremely obese means you are especially likely to have health problems related to your weight. The good news is that even modest weight loss can improve or prevent the health problems associated with obesity. Dietary changes, increased physical activity and behavior changes can help you lose weight. Prescription medications or weight-loss surgery also may be options for treating obesity.

What are the health risks of overweight and obesity?

Being overweight or obese isn't a cosmetic problem. These conditions greatly raise your risk for other health problems.

Overweight and Obesity-Related health problems in adults

Coronary Heart Disease

As your body mass index rises, so does your risk for coronary heart disease (CHD). CHD is a condition in which a waxy substance called plaque (plak) builds up inside the coronary arteries. These arteries supply oxygen-rich blood to your heart. Plaque can narrow or block the coronary arteries and reduce blood flow to the heart muscle. This can cause angina (an-JI-nuh or AN-juh-nuh) or a heart attack. (Angina is chest pain or discomfort.)

Obesity also can lead to heart failure. This is a serious condition in which your heart can't pump enough blood to meet your body's needs.

High Blood Pressure: Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways. Your chances of having high blood pressure are greater if you're overweight or obese.

Stroke: Being overweight or obese can lead to a buildup of plaque in your arteries. Eventually, an area of plaque can rupture, causing a blood clot to form. If the clot is close to your brain, it can block the flow of blood and oxygen to your brain and cause a stroke. The risk of having a stroke rises as BMI increases.

Type 2 Diabetes

Diabetes is a disease in which the body's blood glucose, or blood sugar, level is too high. Normally, the body breaks down food into glucose and then carries it to cells throughout the body. The cells use a hormone called insulin to turn the glucose into energy.

In type 2 diabetes, the body's cells don't use insulin properly. At first, the body reacts by making more insulin. Over time, however, the body can't make enough insulin to control its blood sugar level. Diabetes is a leading cause of early death,

CHD, stroke, kidney disease, and blindness. Most people who have type 2 diabetes are overweight.

Abnormal Blood Fats: If you're overweight or obese, you're at increased risk of having abnormal levels of blood fats. These include high levels of triglycerides and LDL ("bad") cholesterol and low levels of HDL ("good") cholesterol. Abnormal levels of these blood fats are a risk factor for CHD. For more information about triglycerides and LDL and HDL cholesterol, go to the Health Topics High Blood Cholesterol article.

Metabolic Syndrome

Metabolic syndrome is the name for a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke. You can develop any one of these risk factors by itself, but they tend to occur together. A diagnosis of metabolic syndrome is made if you have at least three of the following risk factors:

- A large waistline. This is called abdominal obesity or "having an apple shape." Having extra fat in the waist area is a greater risk factor for CHD than having extra fat in other parts of the body, such as on the hips.
- A higher than normal triglyceride level (or you're on medicine to treat high triglycerides).
- A lower than normal HDL cholesterol level (or you're on medicine to treat low HDL cholesterol).
- Higher than normal blood pressure (or you're on medicine to treat high blood pressure).
- Higher than normal fasting blood sugar (or you're on medicine to treat diabetes).

Cancer: Being overweight or obese raises your risk for colon, breast, endometrial, and gallbladder cancers.

Osteoarthritis: Osteoarthritis is a common joint problem of the knees, hips, and lower back. The condition occurs if the tissue that protects the joints wears away. Extra weight can put more pressure and wear on joints, causing pain.

Sleep Apnea: Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. A person who has sleep apnea may have more fat stored around the neck. This can narrow the airway, making it hard to breathe.

Obesity Hypoventilation Syndrome

Obesity hypoventilation syndrome (OHS) is a breathing disorder that affects some obese people. In OHS, poor breathing results in too much carbon dioxide (hypoventilation) and too little oxygen in the blood (hypoxemia).

OHS can lead to serious health problems and may even cause death.

Reproductive Problems

Obesity can cause menstrual issues and infertility in women.

Gallstones

Gallstones are hard pieces of stone-like material that form in the gallbladder. They're mostly made of cholesterol. Gallstones can cause stomach or back pain.

People who are overweight or obese are at increased risk of having gallstones. Also, being overweight may result in an enlarged gallbladder that doesn't work well.

Overweight and Obesity-Related health problems in children and teens

Overweight and obesity also increase the health risks for children and teens. Type 2 diabetes once was rare in American children, but an increasing number of children are developing the disease.

The health effects of overweight and obesity

Research has shown that as people become "overweight" and "obese,"* their risk for developing the following conditions increases:^[1]

- Coronary heart disease
- Type 2 diabetes
- Cancers (endometrial, breast, and colon)
- Hypertension (high blood pressure)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Stroke
- Liver and Gallbladder disease
- Sleep apnea and breathing problems
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Gynecological problems (abnormal periods, infertility)

*Overweight is defined as a body mass index (BMI) of 25 or higher; obesity is defined as a BMI of 30 or higher.

Key facts obesity

- Worldwide obesity has more than doubled since 1980.
- In 2014, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 600 million were obese.
- 39% of adults aged 18 years and over were overweight in 2014, and 13% were obese.
- ✓ Most of the world's population lives in countries where overweight and obesity kills more people than underweight.
- ✓ 42 million children under the age of 5 were overweight or obese in 2013.
- ✓ Obesity is preventable.
- ✓ India the third most obese country in the world.

Conclusion

Hopefully after this activity you are more aware of the affects of obesity. Many people do not realize how damaging obesity can be to the body and for your overall health. Obesity is something that is increasingly on the rise today and will continue to rise unless we do something about it like informing people of how bad it really is and encouraging people to live a health-enhancing lifestyle. A healthy diet and exercising two to three times a week is key to not becoming obese. Let's change the trend of obesity by living healthy lives and building towards a healthy India. India is the third most obese country in the world.

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