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Obesity as a major health concern in India

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Abstract

In India we are facing the death trap of obesity. the world Obesity is a medical condition characterized by storage of excess fat in body. The accumulation of too much fat in the body is connected with many health inconveniences. Obesity in India has reached pandemic magnitude in the 21st century, with morbid obesity heart-rending 5% of the country's population. Researches show that the human being who are stout are at a superior hazard of suffering from stroke, coronary heart ailment, hypertension, diabetes, arthritis and some forms of cancers. Now day fatness has been called the up-to-the-minute death trap of contemporary society. Childhood obesity is also becoming more widespread. The genuineness of this state of affairs is underlined by a alike rise in overweight related diseases. Obesity can become a chronic lifelong circumstance caused by physical activity, greater than eating and even inherited makeup. No matter what the reason, however obesity can be prevented or manage with the arrangement of diet, exercise performance alteration and in brutal cases, weight loss, medication and surgery.

Keywords: Chhani, consumption, fuel-wood, households, Lanchaan

Introduction

The world is facing an obesity epidemic, there are more than 100 crore overweight adults, and at least 30 crore of them are obese. As per the NFHS-5 data, 23% of women and 22.1% of men are overweight as per the BMI criterion. The preliminary finding on the status of abdominal obesity reveals that 40% of women and 12% of men are abdominally obese in the country. Almost 20% of Indians are obese. Unfortunately, obesity in India is not restricted by age and gender. A study conducted by obesity surgery society of India in leading public schools across the country shows that 30% of students are obese. AIIMS study on obesity, diabetes and heart disease, results showed that nearly 50% urban women above 35 years are having unhealthy shapes. WHO earliest estimated that by 2020 more people die of weight related illness i.e. heart attack, strokes and diabetes and we are all watching these days. Overweight and obesity is defined as abnormal or excessive fat accumulation that presents a risk of health. A crude population measure of obesity is the body mass (BMI), a person's weight in Kilograms divided by the square of his or her height in meter.

A person with a BMI of 30 or more is generally considered overweight. Obesity represents a state of excess storage of body fat. Although similar, the term overweight is defined as an excess body weight for height. Although men have a body fat percentage of 15 to 20 percent, women have approximately 25-30 percent due to differences in weight among individuals are only partly due to variations in body fat, body weight is a limited, through easily obtained, index of obesity.

Symptoms

Difficulty sleeping, Snoring, Sleep apnea, pain in your back or joints, excessive sweating, always feeling hot, rashes or infection in folds of your skin, feeling out of breath with minor exertion, daytime sleepiness or fatigue and depression.

Causes

Although there are genetic and hormonal influences on body weight, the bottom line is that obesity occurs when you take in more calories than you burn through exercise and normal daily activities. Your body stores these excess calories as fat. Obesity usually results from combination of causes and contributing factors, including:

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- **Inactivity:** If you are not very active, you do not burn as many calories. With a sedentary lifestyle, you can easily take in more calories every day than you burn off through exercise or normal daily activities. Watching too much television is one of the biggest contributions to a sedentary lifestyle and weight gain. Inactivity causes so many other problems in human body as it is
- **Pregnancy:** During pregnancy a woman's weight necessarily increases. Some women find this weight difficult to lose after the baby is born.
- **Lack of sleep:** Getting less than seven hours of sleep a night can cause changes in hormones that increase your appetite.
- **Certain medications:** Some medications can lead to weight gain if you don't compensate through diet or activity.
- **Medical Problems:** Obesity can sometimes be traced to a medical cause, such as Prader-willi syndrome, Cushing's syndrome, polycystic ovary syndrome and other diseases and conditions. Some medical problems, such as arthritis, can lead to decrease activity, which may result in weight gain.
- **Over tiredness with small efforts:** This is a big problem in this regards.

Risk Factors

- **Genetics:** Your genes may affect the amount of body fat you store and where that fat is distributed.
- **Family History:** Obesity can tend to run in families. That's not just because of genetics.
- **Age:** Obesity can occur at any age, even in young children. But as your age, Hormonal changes and a less active lifestyle increase your risk of obesity.
- **Smoking:** Quitting smoking is often associated with weight gain. And for some, it can lead to a weight gain of as much as several pounds a week for several months, which can sometimes lead to obesity.
- **Social and economic issues:** Certain social and economic issues may be linked to obesity.

Complications and causes

If you are obese, you are more likely to develop a number of potentially serious health problems, including:

- **Blood (fat) lipid abnormalities,** Cancer, including cancer of the uterus, cervix, ovaries, breast, colon, rectum and prostate, depression, gallbladder disease,

gynaecological problems, such as infertility and irregular periods, heart disease, high blood pressure, metabolic syndromes, non-alcoholic fatty liver disease, osteoarthritis.

- **Skin Problems:** Such as intertrigo and impaired wound healing, sleep apnea, stroke, and type 2 diabetes. Other issues that may affect your quality of life include depression, disability, physical discomfort, sexual problems, shame and social isolation.
- **Obesity in India** has reached epidemic proportions in the 21st century, with morbid obesity affecting 5% of the country's population. India is following a trend of other developing countries that are steadily becoming more obese. Unhealthy, processed food has become much more accessible following India's continued integration in global food markets. This, combined with rising middle class incomes, is increasing the average caloric intake per individual among middle class and high income households. Obesity is a major risk factor for cardiovascular disease, and NGOs such as the Indian Heart Association have been raising awareness about this issue.
- While studying 22 different SNPs near to MC4-R gene, scientists have identified a single nucleotide polymorphism named to be mostly associated with waist circumference. In this study more than two thousand individuals of Indian origin participated and the aforementioned SNP is highly prevalent in this group. Internationally, a BMI over 25 kg/m² is considered overweight. Due to genetic tendency of Indians towards abdominal obesity and its associated risk of related lifestyle diseases such as diabetes and anemia, guidelines for diagnosis of obesity and abdominal obesity for India have been published in JAPI (2009) that a BMI over 23 kg/m² is considered overweight. Further definitions:

Normal BMI: 18.0-22.9 kg/m²,

Overweight: 23.0-24.9 kg/m²,

Obesity: >25 kg/m².

National Family Health Survey data

- This is a list of the states of India ranked in order of percentage of people who are overweight or obese, based on data from the 2016-2021 National Family Health Survey.

Table 1: Area wise obesity in 2022-2023

Name of the state	Males (%)	Males rank	Females (%)	Females rank
Andaman and Nicobar Islands	38.2	1	31.8	8
Andhra Pradesh	33.5	4	33.2	6
Daman and Diu	30.7	7	31.7	9
Delhi	24.6	11	33.5	5
Goa	32.7	5	33.5	4
Haryana	20	21	21	21
Himachal Pradesh	22	17	28.7	13
Jammu and Kashmir	20.5	20	29.1	12
Kerala	28.5	8	32.4	7
Lakshadweep	24.1	13	40.6	2
Maharashtra	23.8	14	23.4	18
Mizoram	20.9	18	21.1	20
Puducherry	37.1	2	36.7	3
Punjab	27.8	10	31.3	10
Sikkim	34.8	3	26.7	15
Tamil Nadu	28.2	9	30.9	11

Here in this table we can mean score of 27.96 and in females that is 30.35 and calculated value is for male is 447.4 and females is 485.6. Hence females are fatter as compare to male at country level.

Tests and Diagnosis

- **Taking your health history:** Your doctor reviews your weight history, weight loss efforts, exercise habits, eating patterns, what other conditions you've had, medications, stress levels and other issues about your health.
- **Assessing other health problems:** If you have known health problems, your doctor will evaluate them. Your doctor will also check for other possible health problems, such as high blood pressure or binge eating disorder.
- **Calculating your BMI:** Your doctor will check your Body mass index (BMI) your BMI also helps determine what other health problems you may face and what treatment may be appropriate.
- **Measuring your waist circumference:** Fat stored around your waist, sometimes called visceral fat or abdominal fat, and may further increase your risk of diseases such as diabetes such as diabetes and heart disease and heart disease. Women with waste of more than 35 inches and men with a waist of more than 40 inches are also having the risk of heart diseases.
- **Laboratory test:** What tests you have depend on your health and risk factors. They may include a complete blood count (CBC) a check of cholesterol and blood fats, liver function tests, fasting glucose, a thyroid test, and others depending on your health situations.

Treatment and drugs

You may need to work with a team of health professionals, including a nutritionist, dietician, therapist or an obesity specialist, to help you understand and make changes in you're eating and activity habits. You can start feeling better and seeing improvements in your health with just minor weight loss. In starting the weight will reduce just in ponds. But keeping your efforts continues you can reduce weight and can manage your BMI in an appropriate manner.

Specific treatment methods

There are many ways to treat obesity and reach a healthier weight. Treatment methods include:

- **Dietary changes:** Reducing your calories intake. The key to weight loss is reducing how many calories you consume. You and your doctor can decide how much calories you take in your daily life. But a typical amount is 1000 to 1600 calories for a layman and a sports person requires 1500 to 3500 calories per day (but this will also be depending upon to event and game).
- **Exercise and activity:** Regular aerobic exercise, walking, cycling, stairs climbing, swimming, jogging etc. are on the priority bases.
- **Behaviour change:** Change in your behaviour, eating habits, irritation in behaviour, stop negative thoughts regarding fat reducing techniques.
- **Prescription weight loss medicines:** Some of the medicines are in the market which are very helpful in reducing weight but these should be used in the supervision some qualified doctor only.

- **Weight loss surgery:** Only in some cases like extreme overweight loss surgery can be help full which is called bariatric surgery. But it can cause of some serious problems.

Conclusion

Obesity has been called the main health problem of modern society. The seriousness of this situation is underlined by a similar rise in overweight related diseases. Obesity is not only the risk factor for health but it is also has a great problematic system in society. Obesity can become a chronic lifelong condition caused by overeating, physical inactivity and even genetic makeup. No matter what the cause is, however, obesity can be prevented or managed with a combination of diet, exercise, behaviour modification and in severe cases, weight loss medications and surgery.

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