OBESITY: A MAJOR HEALTH PROBLEM

Mr. Shalik S. Rathod

Director of Physical Education
Pragati Mahila Mahavidyalya, Bhandara

Abstracts:

This study focuses on the obesity. Now a day it deals with most of the people. The study has taken from some books and internet on obesity. obesity is caused by the increase in the size and the amount of fat cells in the body. It has lot of types which has describe in details in the study. It has created stress among people. Obesity is a serious medical condition that can cause complications such as metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high blood cholesterol, cancers and sleep disorders. Main Cause of Obesity is Lack of energy balance, An inactive lifestyle and Environment also. For overcome from this, we need to adopt a healthy lifestyle. Good food and an appropriate diet are essential for our health, physical exercises like yoga also have significant health benefits on both body and mind.
Keywords: Obesity, Health Problem, etc.

Introduction:

The historical backdrop of individual is observer to the way that insofar as man was occupied in his everyday schedule work without current method forever, he didn't have the issues being looked by the present man. The improvement in the area of innovation has given various solaces to the advanced man when contrasted with antiquated ones. Then again, this load of progressions has made the man generally latent and lazy, making issues of stoutness and overweight, decline in insusceptibility, life depending on drugs, etc.

Obesity:

Obesity is the most over spread from of over nutrition, it is commonly a associated with highly dewlapped countries. Excess intake of any nutrition may be potentially harmful. Some energy nutrient excesses have been linked to major causes of death and disability. Excess of particular vitamins and minerals have more specific, not a disease and is among the least complicated of all health problems. obesity is caused by the increase in the size and the amount of fat cells in the body. Obesity is a serious medical condition that can cause complications such as metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high blood cholesterol, cancers and sleep disorders.

Definition:

Obesity is defined weight that is higher than what is considered healthy for a given height is described as obesity. Body Mass Index (BMI) is a screening tool for obesity. BMI is a person's weight in kilograms divided by the square of height in meters. A high BMI can indicate high body fatness. after calculate BMI,
If your BMI is less than 18.5, it falls within the underweight range.
If your BMI is 18.5 to <25, it falls within the healthy weight range.
If your BMI is 25.0 to <30, it falls within the overweight range.
If your BMI is 30.0 or higher, it falls within the obesity range.
Obesity is frequently subdivided into categories:
Class 1: BMI of 30 to < 35
Class 2: BMI of 35 to < 40
Class 3: BMI of 40 or higher. Class 3 obesity is sometimes categorized as "severe" obesity.
Types of obesity:
a. Belted shape obesity:
Fat is mainly accumulator in back, lower abdomen, heckle, hip and thighs. Their body

shapes are similar as those who get obesity reproductive functional syndrome.

b. Great Trochanter shape obesity:
Fat is mainly accumulated around Trochanter area breast abdomen and pubes. Most obesity after menopause belongs to this type.

c. Lower limbs obesity:
Fat is distributed from hackle to ankle, sometimes, limited to leg and ankle. This type is like fatty, forming extremely fat at lower body while extremely this at upper body.

d. Upper limbs Obesity:
Fat is mainly stored at back, hip, breast, neck and face area. Obesity caused by adrenocortical growth, tumor and pituitary basophilic tumor belongs to this type.

e. Hip Obesity:
Fat is mainly accumulated in hip, so make hip fat and big. Its one of features of some nations, belonging to genetic disease.

f. Android:
Android type of obesity is linked to the shape of an apple. The shoulders, face arms, chest and upper portion of the abdomen are bloated. The lower portion of the body, the hips, thighs and legs are thinner beyond proportion in comparison with the upper part .

g. Gynoid :
In this type the lower part of the body has extra flesh. This type of obesity is also common to both sexes though females are more affected. Gynoid type of obesity is similar to pears.

h. Another type of obesity:
Besides Android and Gynoid, there is one more type of obesity. Some people do not belong to any of the above type of obesity. The whole body from head to toe looks like a barrel. it is more to rolling rather than walking. The fat tissue in their body Linder. The movement of all internal organs and consequently affect their brisk functioning.

Causes of obesity:

Lack of energy balance: A lack of energy balance most often cause over weight and obesity. Energy balance means that your energy in equals your energy out.
Energy which is the amount of energy or calories you get from food and drinks. Energy out is the amount of energy your body uses for things like breathing, digesting and being physical activity.
- Energy in take equal to Energy expenditure then Body weight is stable.
- Energy in take in more then energy out expenditure then Body weight increases.
- Energy intake is lesser then energy out Body weight will decrease.

An inactive lifestyle: Many persons are not very physically active. One reason for this is that many people spend hours in front of TV's and computers doing work, schoolwork and leisure activities. Infect more than 2 hours a day of regular TV Viewing time has been linked to over weights and obesity.

Environment: Our environment doesn't support Healthy habits, it encourages obesity, some reasons include;
- Lack of neighborhood sidewalks and safe places for recreation.
- Not having area for parks.
- Work schedules, people often say they thus don't have time to be physically active because of long work hours and time spent commuting.
- Oversized food portions
- Lack of access of healthy foods
- Lack of food advertising
- Genes and family History
- Health condition
- Medicines
- Emotional factors
- Smoking habit
- Age factor
- Lack of sleep

Obesity diagnosed

Trough BMI calculation of a person's weight in relation to their height.

Other more accurate measures of body fat and body fat distribution include:

- Skinfold thickness tests
- Waist-to-hip comparisons
- Screening tests, such as ultrasounds, ct scans, and mri scans

Doctor may also order certain tests to help diagnose obesity-related health risks. These may include:

- Blood tests to examine cholesterol and glucose levels
- Liver function tests
- A diabetes screening
- Thyroid tests
- Heart tests, such as an electrocardiogram (ecg or ekg)

A measurement of the fat around your waist is also a good predictor of your risk for obesity-related diseases.

Conclusion:

Obesity is really big issue in modern life. Main Cause of Obesity is Lack of energy balance, An inactive lifestyle and Environment also. one more thing though who are suffer in obesity they should diagnosed and take a treatment. For overcome from this, we need to adopt a healthy lifestyle. Good food and an appropriate diet are essential for our health, physical exercises like yoga also have significant health benefits on both body and mind.

So, there is a need to prevent these measures which are responsible for obesity. The common rule to prevent the obesity, Energy intake should be equal to energy expenditure.

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