

# Living Lighter - Living Healthier

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**Abstract – Obesity is now the most common nutritional disorder all over the world. Defined as a body mass index of greater than 30, it arises from the accumulation of excess fat in the body from over consumption of fatty foods prevalence of obesity has reached epidemic levels.**

**Detection of the functional impairments associated with obesity is important from both clinical and prognostic point of view. There is strong association between obesity and increased risk of cardiovascular disease and diabetes and possibly certain cancers, such as breast and colorectal cancer, menstrual disorders and irregular bleeding are common among obese females. Finally, obese people have been found to suffer from psychological and social problems and these should be identified.**

**The consequences of excess weight can be associated with increased caloric intake and or decreased physical activity and other consequences of excess weight on a variety of organ systems.**

**Through behavioral therapy diet, exercises are suggested for obese people to sustained weight reduction.**

**Keywords: - BMI, Functional Impairments, Cardiovascular Disease, Diabetes, Menstrual Disorders, Behavioral Therapy**

Obesity is defined as the presence of excess fat (edipose) and is often incorrectly used interchangeably with the term overweight. Overweight and obesity are defined as abnormal or excessive fat accumulated that resents a danger to health over the several decades, obesity has increased in children and adolescents. There is a concern that adolescent obesity may lead to adult obesity. Obese children are 5 to 7 times more likely to become obese adults than non-obese children. Obese adolescents had a 70% to 80% probability of adult obesity.

According to the World Health Organisation (WHO)

BMI greater than or equal to 25 is overweight.

BMI greater than or equal to 30 is obesity.

Obesity effects youngsters who have reached marriageable age. They find difficulty in getting married, most suitors dislike to get saddled with an obese partner (especially girls). An overweight male is viewed to be a majestic personality who commands respect and even fear in some cases. However, in case of females they are ridiculed, rejected in marriage alliance and even despised in some cases. This is one of the many reasons why women are more figure

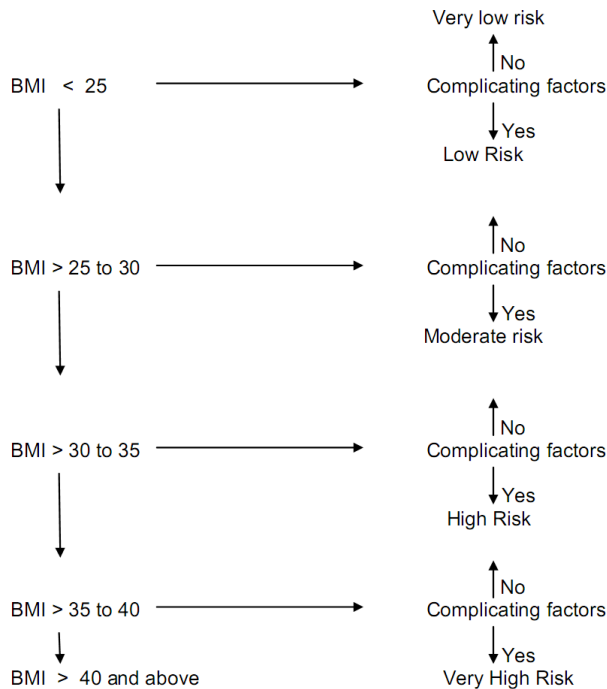
conscious than men, always seeking various devices and health problems to reduce their weight.

Data from the World Health Organization's MONICA Project shows that some parts of Europe over 70% of men aged 55 to 65 years clinically obese or overweight (BMI > 25) and almost 70% of women in this age group one in five of all Americans are obese and one in three overweight. Furthermore, increasing rates of childhood obesity are likely to exacerbate the trend towards increasing obesity in adulthood.

The incidence of obesity in India is 7-9% and comprising mainly urbanites, western dietary habits have become so popular all over, with living on fast foods has become the best indicator of the national economy. Over the past 50 years, physical activity amongst people has reduced significantly. People have moved to sedentary life styles.

Now-a-days, jobs involve working on the computer more than ever before. In transportation as well, using private transport is preferred as compared to walking or talking the public transport.

## RISK CLASSIFICATION ALGORITHM



This is the risk assessment algorithm. After the measuring the BMI the individual risk increased or decreased the presence of complicating factors.

## FUNCTIONAL ASSOCIATIONS:

Detection and description of the functional impairments associated with obesity is important from both a clinical and prognostic point of view. This is strong association between obesity and increased risk of cardiovascular disease and diabetic and possibly certain cancers such as breast and colorectal.

Menstrual disorders including irregular bleeding and amenorrhea are common among obese females. Obese people have found to suffer from psychological and social problems linked to obesity-

- Gallbladder disease and gallstones.
- Osteoarthritis a disease in which the joints deteriorate.
- Gout another disease affecting the joints.
- Breathing problems, including sleep apnea in which a person can stop breathing for a short time during sleep.
- Reproduction problems in women, including menstrual irregularities and infertility.

## CONSEQUENCES OF POSITIVE ENERGY BALANCES:

The consequences of excess weight can be presented under two headings. The first is the series of consequences associated with increased caloric intake or decreased physical activity and the second is the consequences of excess weight on a variety of organic systems increased food intake can affect several major organs and its systems some are diabetes, osteoporosis and snoring.

Obesity invites a number of heart diseases and possibilities of an attack even at a very young age. It is a disturbing fact that heart attacks and deaths occur even at the age of 30 and below, caused by obesity due to over nourishment and high living style.

Another drawback faced by the obese persons, concerns there accident falls a lean person, when he falls down does not get hurt as badly as an obese person.

People who are overweight suffer from one more like some problem of piles constipation is a favorable condition to cause piles among over weight persons.

Obesity causes one more disease known as osteoporosis. It is commonly mostly in women bones are having cavities. Cavity holds minerals mostly calcium phosphates and protein rich fibers process helps in maintaining the strong tends resolve from bones. Thus the calcium level in the blood too low. As a result the bone becomes pores with sponge appearance. This condition is known as osteoporosis.

Another problem of obese persons is having the snoring. The person is found to be more prevalent in men who start developing a paunch during their middle age. Large snores do have a paunch and they do have a tendency to become obese.

Obesity is a nutritional error a malady caused by over nourishment and faulty nourishment. Obesity is known to be the result of the body getting the wrong balance of essential nutrients. The essential nutrients to the body require must not be ignored, but regulated when you choose the diet in losing the weight.

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