

International Multidisciplinary
Research Journal

*Indian Streams
Research Journal*

Executive Editor
Ashok Yakkaldevi

Editor-in-Chief
H.N.Jagtap

Welcome to ISRJ

RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho
Federal University of Rondonia, Brazil

Kamani Perera
Regional Center For Strategic Studies, Sri Lanka

Janaki Sinnasamy
Librarian, University of Malaya

Romona Mihaila
Spiru Haret University, Romania

Delia Serbescu
Spiru Haret University, Bucharest, Romania

Anurag Misra
DBS College, Kanpur

Titus PopPhD, Partium Christian
University, Oradea, Romania

Mohammad Hailat
Dept. of Mathematical Sciences,
University of South Carolina Aiken

Abdullah Sabbagh
Engineering Studies, Sydney

Ecaterina Patrascu
Spiru Haret University, Bucharest

Loredana Bosca
Spiru Haret University, Romania

Fabricio Moraes de Almeida
Federal University of Rondonia, Brazil

George - Calin SERITAN
Faculty of Philosophy and Socio-Political
Sciences Al. I. Cuza University, Iasi

Hasan Baktrir
English Language and Literature
Department, Kayseri

Ghayoor Abbas Chotana
Dept of Chemistry, Lahore University of
Management Sciences[PK]

Anna Maria Constantinovici
AL. I. Cuza University, Romania

Ilie Pinteau,
Spiru Haret University, Romania

Xiaohua Yang
PhD, USA

.....More

Editorial Board

Pratap Vyamktrao Naikwade
ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

R. R. Patil
Head Geology Department Solapur
University, Solapur

Rama Bhosale
Prin. and Jt. Director Higher Education,
Panvel

Salve R. N.
Department of Sociology, Shivaji
University, Kolhapur

Govind P. Shinde
Bharati Vidyapeeth School of Distance
Education Center, Navi Mumbai

Chakane Sanjay Dnyaneshwar
Arts, Science & Commerce College,
Indapur, Pune

Awadhesh Kumar Shirotriya
Secretary, Play India Play, Meerut (U.P.)

Iresh Swami
Ex - VC. Solapur University, Solapur

N.S. Dhaygude
Ex. Prin. Dayanand College, Solapur

Narendra Kadu
Jt. Director Higher Education, Pune

K. M. Bhandarkar
Praful Patel College of Education, Gondia

Sonal Singh
Vikram University, Ujjain

G. P. Patankar
S. D. M. Degree College, Honavar, Karnataka

Maj. S. Bakhtiar Choudhary
Director, Hyderabad AP India.

S. Parvathi Devi
Ph.D.-University of Allahabad

Sonal Singh,
Vikram University, Ujjain

Rajendra Shendge
Director, B.C.U.D. Solapur University,
Solapur

R. R. Yallickar
Director Management Institute, Solapur

Umesh Rajderkar
Head Humanities & Social Science
YCMOU, Nashik

S. R. Pandya
Head Education Dept. Mumbai University,
Mumbai

Alka Darshan Shrivastava
Shaskiya Snatkottar Mahavidyalaya, Dhar

Rahul Shriram Sudke
Devi Ahilya Vishwavidyalaya, Indore

S.KANNAN
Annamalai University, TN

Satish Kumar Kalhotra
Maulana Azad National Urdu University

OBESITY AND OVERWEIGHT : A GLOBAL PROBLEM



Balasaheb Namdev Margaje

Director of Physical Education & Sports, M.S.Kakade College ,Someshwarnagar ,
Tal.- Baramati, Dist- Pune.

Short Profile

Balasaheb Namdev Margaje is working as a Director at Department of Physical Education & Sports in M.S.Kakade College ,Someshwarnagar, Tal.- Baramati, Dist- Pune.



ABSTRACT:

Maintain good health is an important factor for everyone. Health is wealth is one the sayings in our Indian tradition. In this globalization every one is busy with their work and neglecting their health fitness which leads to not only health problem but also to fatal death.

Obesity is 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 increased health problems. Obesity increases in likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain type 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.

Obesity is a leading preventable causes of death worldwide, with increasing rates in adults and children. Authorities view it as one of the most serious public health problem of the 21st century.

The treatment of overweight and obesity in people requires a multidisciplinary, multi-phase approach, which includes dietary management and physical activity enhancement. A holistic approach to tackle this obesity epidemic needs a collection of activities including mobilizing communities, restructuring organizational practices, establishing coalitions and networks, empowering provides, imparting community education as well as enriching and reinforcing individual awareness and skills. The implications of this global phenomenon on future generations will be serious unless appropriate action is taken.

KEYWORDS

Obesity, Yo-yo dieting, Overweight, Health.

INTRODUCTION:

Achieving and maintaining a healthy body weight is a serious public health challenge. Controlling body weight is a really a matter of controlling body fat. The most important consideration for health is not total weight but, Body Composition- proportion of Body’s total weight- the percent body fat e.g.

***What are overweight and obesity?**

Overweight and obesity are defined as abnormal fat accumulation that may impair health. Body mass index (BMI) is a simple index of weight for- height that is commonly used to classify overweight and obesity in adults. It is defined as a person’s weight in Kilograms divided by the square of his height in meters (kg/m²).

***Classification Of Obesity**

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health.

Classification of obesity as under

BMI (kg/m ²)		Classification
From	Upto	
	18.5	Underweight
18.5	25.0	Normal weight
25.0	30.0	Over weight
30.0	35.0	Class I obesity
35.0	40.0	Class II obesity
40.0		Class III obesity

BMI is defined as the subjects weight divided by the square of their height and is calculated as follows.

***Causes of Overweight And Obesity**

The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended, Globally, there has been :

- 1)Life Style Factor
 - a)An increased intake of energy- dense foods that are high in fat.

b) An increase in physical inactivity due to the increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization.

c) 1) Changes in dietary and physical activity patterns are often the result of environmental and societal changes associated with development and lack of supportive policies in sectors such as health, agriculture, transport, urban planning, environment, food processing, marketing and education.

2) Genetic

Genes influence body size and shape, body fat distribution and metabolic rate. If both parents are overweight their children's are twice as likely to be overweight as children who have only one overweight parent.

3) Physiological

a) Hormones

It plays a vital role in accumulation of body fat. Hormonal changes at puberty, during pregnancy and menopause contribute to the amount and location of body fat.

b) Weight Cycling

Weight cycle is repeatedly regaining or losing weight or in the modern trend called as 'yo-yo' dieting.

4) Psychological Factors

Many people have learnt to use food as the means of coping with stress and negative emotions. People think eating provides distraction from loneliness, anger, anxiety. This results into binge eating or other unhealthy eating patterns.

***What are common health consequences of overweight and obesity?**

a) Early death / sudden death

b) Death from cardiovascular disease

c) Hypertension

d) Diabetes

e) Kidney disease

f) Liver disease

g) Arthritis

h) Back Pain

i) Complication during pregnancy

j) Menstrual abnormalities

k) Shortness of breath

***How can overweight and obesity be reduced?**

a) Limit energy intake from total fats and sugars.

b) Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts.

c) Avoid yo-yo dieting. This is harmful for overall health.

d) Engage in regular physical activity (60 minutes a day for children and 150 minutes per week for adults).

e) Psychological Management

Go for a walk or use relaxation technique, such as progressive relaxation visualization, deep breathing, listening to music practice. Positive self talk, peer encouragement maintain confidence.

*SUMMARY

Obesity is the most dangerous epidemic growing in our country. Careless attitude, undisciplined lifestyle, uncontrolled eating. Ideal life is the major threat that is making us become balloons leads to death from illness. Let us keep a check so that we all have healthy weight and save country's medical resources.

REFERENCES :

1)Obesity in America. Obesity Trends.

Available at : <http://www.obesityinamerica.org/trends.html>

2)Fit And Well (4th and 6th edition). T. Fahey, P. Insel, W. Roth

3)Bray G. Risks of obesity. Endocrinol metab clin N Am-2003; 32; 787-804.

4)Bellanger T. Bray G. Obesity related morbidity and mortality. J La State Med Soc. 2005; 156 (1) : S 42-49.

5)CDC : Overweight and obesity- Contributing factors

Available at :- <http://www.cdc.gov/nccdphp/dnpa/obesity/contributing factors>.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

Associated and Indexed, USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Indian Streams Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.isrj.org