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Review on Prevention of Obesity

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Review Article

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ABSTRACT

Obesity has historically considered as a sign of wealth and prosperity. Obesity is the most common problems in today lifestyle. New scientific studies shown that excessive body fat related to health problems. These conditions are preventable by changes in the lifestyle. The obese people are divided into two categories: individuals with an android fat distribution also called as “apple shape” and the other type of individuals with a gynoid fat distribution often called as “pear shape”.

The following review is based the recent study of cases in obesity and various consequences like life style, food, habits, genetical factors that are influencing the increase in the cases of obesity.

INTRODUCTION

As of now obesity is a preventable cause of death all over the world. Obesity is link of personal choices and social changes. In 2014, 600 million adults (13%) and 42 million children under the age of five were obese. Over the past 35 years, obesity rates ^[1] more increased. Obesity is more common in women than men. Health consequences fall into two categories either due to increased fat mass ^[2] or due to increased number of fat cells. Obesity is due to excessive food intake ^[3] which containing high fat content and other reasons like lack of physical activity ^[4-7], lack of sleep and other genetical factors are responsible for obesity ^[8]. Obesity is caused by an imbalance between caloric intake and utilization. Causes of obesity in children may be varied including genetic, environmental, behavioral causes ^[9-12].

Causes of obesity

The excess intake of calorie content food with less energy expenditure is the major cause for obesity. Food having high fat or sugars contains high energy density ^[13, 14]. Obesity can be due to some diseases like Cushing's syndrome, thyroid related diseases tends to obesity ^[15,16]. Only in rare cases is being overweight caused by a medical condition such as a hormonal problem ^[17-19].

Factors affecting obesity

The current high rates of obesity attributed to increased snacking and eating away from home due to more attracted to food advertisements. Recent study reveals that due to inadequate sleep ^[20], stress conditions are mainly leads to obesity. Lifestyle factors play a major role in the development of obesity and its progression to comorbidities such as CVD and Type 2 Diabetes Mellitus ^[21-24].

Adolescent food choices and eating behaviours ^[25] have been linked to metabolic risk factors and suggest that obesity prevention and management should hinge on the control and optimization of these lifestyle factors ^[26]. Certain social factors also may be linked to obesity. The causative factors for obesity are:

Diet

Consumption of sweetened drinks such as soft drinks, fruit drinks, iced tea, and energy and vitamin water drinks is contributing to obesity. Many disease preventing foods are available like whole grains, vegetables [27, 28], fruits and nuts. Low fat diets are recommended to a healthy weight and for a good health [29,30]. Eating of highly processed foods or fat foods that contain high fats and sugars [31].

Sedentary lifestyle

It is one of the most significant roles in obesity. This is due to increasing mechanized transportation and labour-saving technology eventually results in lack of physical activity. More active leisure time and less physical activity are also considered as having a sedentary lifestyle [32]. Overweight and obesity are considerable reduction in life expectancy [33-34].

Physical activity

Physical activity is the most common cause for CVD and is ultimate cause of obesity. Increased obesity related with the decreased physical activity. The treatment of obesity consisting with dieting and physical exercise [35-40]. Most of the cases explain excessive food energy intake and a lack of physical activity. Physical inactivity was strongly correlated with weight gain in both sexes. Restricted calorie diet with increased physical activity is a way to weight loss [41-50].

Medical conditions

Some medicines like anti-depressants or corticosteroids causes weight gain [51-55]. Pregnant women more weigh after pregnancy [56, 57] leads to obesity.

Emotional conditions

Stress, anxiety, depression, chronic pain, family problems can leads to overeating [58,59]. Behavioral factors, ageing and pregnancies are also predictable causes for obesity.

Health related problems of obesity

Excess body weight and location of body fat can improve the health problems. The major health problems associated with obesity are:

Coronary heart disease

Sleep apnea and breathing problems

Less quality of life

Problems with physical functioning of body

Hypertension [60-68]

Diabetes and some cancers.

Prevention of obesity

Parents and families should encourage healthy eating and being physical exercise to the body. Decreased intake of sweetened drinks, low fat diets, by changing the lifestyle are effective in reduction of weight gain. The effective treatment for obesity is bariatric surgery [69-75]. Use vegetable-based oils rather than animal-based fats. By promoting public policies related to access healthy lifestyle, intake of high fibre foods. Mostly young people are addicted to television watching and fail to loss their energy that causes reduced energy consumption [76]. So People need to be educated as to what promotes obesity and then begin preventative measures including exercising, dieting and practicing self-control when it comes to eating more. Motivations for behaviour change [77-87] would be important in combating the obesity epidemic [88]. Goals of the food industry are to maximize profit, and this aim does not necessarily coincide with public health efforts for obesity control [89,90]. The home environment is important for preventing overweight and obesity. The leadership role schools in promoting physical activity in children and youth. Family involvement of diet and physical activity also reduced weight [91-93].

CONCLUSION

Obesity is one of the most considerable disease among children and adults. In order to prevent obesity mainly public health strategies are develop like explored lifestyle modification, behavioral change, by restricting advertisements of junk foods or unhealthy foods, by creating the physical activity environments etc.

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