

Obesity: A big threat to health

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Abstract

Obesity has reached epidemic proportions in India in the 21st century, with morbid obesity affecting 5% of the country's population. According to a study published in the noted journal Lancet, India is just behind US and China in this global hazard list of top 10 countries with highest number of obese people. We strongly feel that working to better society in a manner that utilizes one's strengths for maximal effect is of the highest importance.

Keywords: Obesity, big threat, health.

Introduction

Obesity has reached epidemic proportions in India 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 [1].

Obesity being 20% or more overweight is considered a disease because it is associated with so many health problems, like heart disease and diabetes. Being obese as a child usually leads into being obese through adulthood. That is why it is so important to keep kids from becoming overweight and to help obese kids lose weight. The increasing number of obese parents, technology, children having no supervision after school, and the unhealthy content of school lunches are to blame for the increasing number of overweight kids in metropolitan cities of India, specially the National Capital Region of India [2].

Decades ago children would play tag, ride bikes, and participate in other outdoor after school activities following a nutritious snack prepared for them by their parents. Today, most children come home to an empty house, snack on any junk they can find, and watch television or play video games until their parents get home hours later. Society as a whole is more overweight than ever before, causing their poor eating

and exercising habits to be passed down onto their children. Of course genetics plays a part in some cases of obesity children, but for the most part, it is really more an issue of the habits that kids pick up from their parents. "If both parents are obese, their child has an 80% chance of being obese, if one parent is obese, their child has a 40% chance of being obese, and if neither parent is obese, their child has only a 5% chance of being obese". Shared family behaviours such as eating and activity habits influence a child's body weight. When a child sees their mom or dad eating unhealthy foods all the time, and snacking throughout the day, that child will get used to that eating pattern and follow in the footsteps of their parents. Overweight parents also tend to cook high calorie foods and order out more than thinner parents. This is bad because not only does that child eat foods high in fat throughout their whole childhood, but they also pick up the high-fat style of cooking as well. If a parent is overweight, it might not be as huge of a priority for them to get their child into shape. Even if it is, the extent to which they can exercise with them is limited [3].

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 2007 National Family Health Survey [4].

States	Males (%)	Males rank	Females (%)	Females rank
India	12.1	14	16	15
Punjab	30.3	1	37.5	1
Kerala	24.3	2	34	2
Goa	20.8	3	27	3
Tamil Nadu	19.8	4	24.4	4
Andhra Pradesh	17.6	5	22.7	10
Sikkim	17.3	6	21	8
Mizoram	16.9	7	20.3	17
Himachal Pradesh	16	8	19.5	12
Maharashtra	15.9	9	18.1	13
Gujarat	15.4	10	17.7	7
Haryana	14.4	11	17.6	6
Karnataka	14	12	17.3	9
Manipur	13.4	13	17.1	11
Uttarakhand	11.4	15	14.8	14

Arunachal Pradesh	10.6	16	12.5	19
Uttar Pradesh	9.9	17	12	18
Jammu & Kashmir	8.7	18	11.1	5
Bihar	8.5	19	10.5	29
Nagaland	8.4	20	10.2	22
Rajasthan	8.4	20	9	20
Meghalaya	8.2	22	8.9	26
Orissa	6.9	23	8.6	25
Assam	6.7	24	7.8	21
Chhattisgarh	6.5	25	7.6	27
West Bengal	6.1	26	7.1	16
Madhya Pradesh	5.4	27	6.7	23
Jharkhand	5.3	28	5.9	28
Tripura	5.2	29	5.3	24
Delhi	45.5	36	49.8	64

A country where 270 million people live below the 'poverty line', obesity seems to be a distant issue, meant for the rich kids of first world. But India is under siege: junk food, alcohol and sedentary lifestyle are leading us to silent self-destruction, making one in every five Indian men and women either obese or overweight.

According to a study published in the noted journal Lancet, India is just behind US and China in this global hazard list of top 10 countries with highest number of obese people.

The study - titled 'Global, regional, and national prevalence of overweight and obesity in children and adults during 1980-2013: A systematic analysis for the Global Burden of Disease Study 2013' - used data collected by international bodies and organisations in various countries like India over three decades. The US topped the list with 13 per cent of the obese people worldwide in 2013, while China and India together accounted for 15 per cent of the world's obese population, with 46 million and 30 million obese people, respectively. According to the study, number of overweight and obese people globally increased from 857 million in 1980 to 2.1 billion in 2013. This is one-third of the world's population [5].

In View of Physical Educationists

Being a part of Physical education family it becomes everyone's moral responsibility to work to minimise existing problems related to health and fitness in the society.

Creativity has been the driving force the development, and a wide area of scientific research in physical education provides the most promising pathway for anyone to explore the full potential of creativity. New research in the field is desired to minimise this menace.

I strongly feel that working to better society in a manner that utilizes one's strengths for maximal effect is of the highest importance. As technology has grown ever more prevalent in our society, obesity has become a critical problem effecting health and economy both. Health security is necessary both to ensure the physical safety of society, and also to ensure the safety and stability of the global economic community by preventing attacks upon business, which can result in devastating financial losses. By performing research in this field one may work to improve the security of the global community through a role in which he can be most effective. Thus, such research will make this easier to detect and correct and those in future easier to prevent. Having completed such research, one will be prepared to continue working to create a

safer society as he might do further research to develop programmes for obese category of people in the society.

Recommendations

I strongly feel that working to better society in a manner that utilizes one's strengths for maximal effect is of the highest importance.

It is critical as members of a global society that we remain cognizant of the challenges that plague our fellow citizens, but this is not enough. We must take action to improve the condition of humanity through whatever skills we have available.

1. It is recommended that everyone shall have knowledge about weight (in kilograms), height (in metres) and Body Mass Index.
2. To reduce blood pressure in the population at large, it is recommended that Canadians attain and maintain a healthy BMI (20-25).
3. All overweight hypertensive patients (BMI greater than 25) should be advised to reduce their weight [6].
4. Moderate to vigorous intensity physical activities has an established preventive role in cardio-vascular disease and obesity. Excessive sitting is serious health hazard that tends to increase weight which shall be avoided in day to day life [7].

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