
OBESITY– Prevention & Management

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Obesity....

WHO defines obesity and overweight as

“ Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health”





Obesity....

Weight & Health

- Being overweight can be a serious problem for health and can cause many diseases.
- When being overweight is enough to cause serious health problems it is called obesity.



Obesity—Body Mass Index (BMI)

Obesity.

BMI is a simple index of weight-for-height that is commonly used in classifying overweight and obesity in adult populations and individuals.

Definition: It is defined as the weight in kilograms divided by the square of the height in meters (kg/m^2).



OBESITY

Obesity..

Body mass index =

Weight in Kg

Height (m)²

Ideal BMI = 21 - 25

Obesity is BMI > 30

Professor K R Bruckdorfer



Body Mass Index

Obesity....

BMI estimates body fat and health risks

BMI Categories:

- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater



Waist circumference

Obesity..

Women's waist measurements should be less than 35 inches.

Men's should be less than 40 inches.

If you have a large waist circumference, talk to your doctor about weight loss.



Obesity....

BMI

NORMAL

BMI 18.5 — 24.9



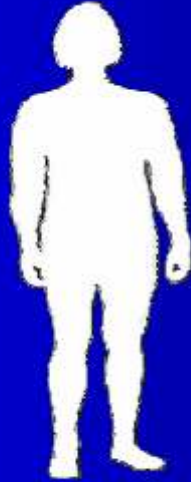
OVERWEIGHT

BMI 25 — 29.9



OBESE

BMI 30 — 34.9



SEVERE OBESE

BMI 35 — 39.9



MORBIDLY OBESE

BMI ≥ 40



Obesity symptoms

- **Obesity increases weight, reduces physical movements, and also brings in slowness in emotional and mental activities.**
- **Food intake increases.**
- **Obesity can result in frustration.**
- **Laziness increases, reducing overall efficiency.**
- **Sometimes obesity can create obstruction to breathing process.**
- **Obesity may result in heart problems, diabetes or blood pressure.**



Steps leading to obesity

Obesity...

According to WHO

The fundamental cause of obesity & overweight is an energy imbalance between calories consumed on one hand, and calories expended on the other hand.

WHO



Obesity...

Steps leading to obesity

According to WHO

Global increases in overweight and obesity are attributable to the factors:

- A shift in diet towards increased intake of energy-dense foods
- A sedentary lifestyle with decreased physical activity



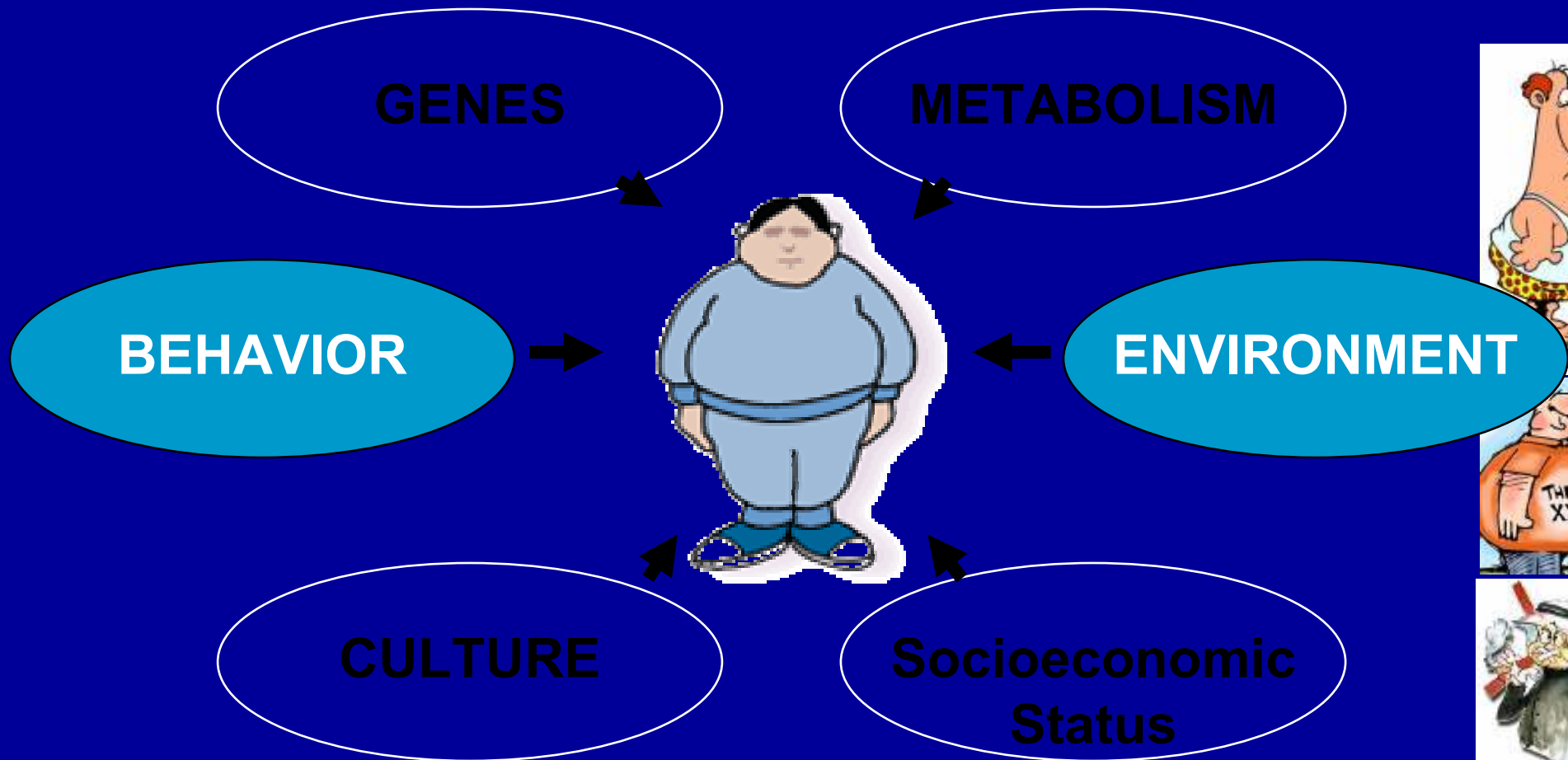
Steps leading to obesity

Obesity.....

- Using time and labour saving devices tends to make us lazy
- Video games, computer and TV games has restricted from outdoor games which gives physical exercise
- A child born to overweight parents, is more prone to becoming obese
- Equating obesity with perfect health

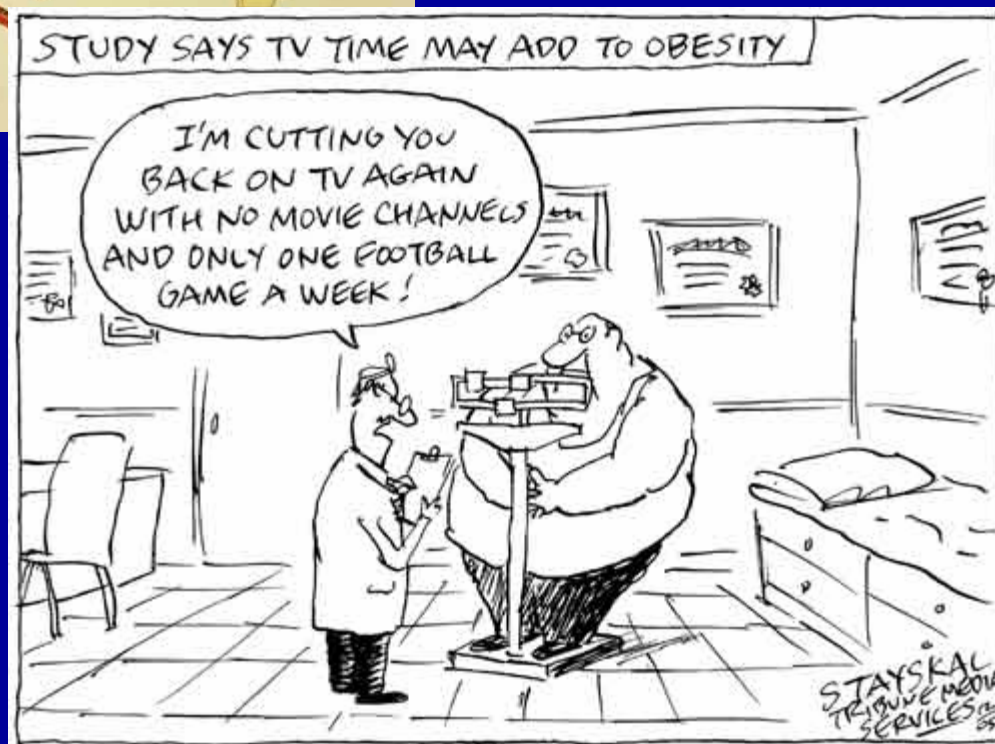
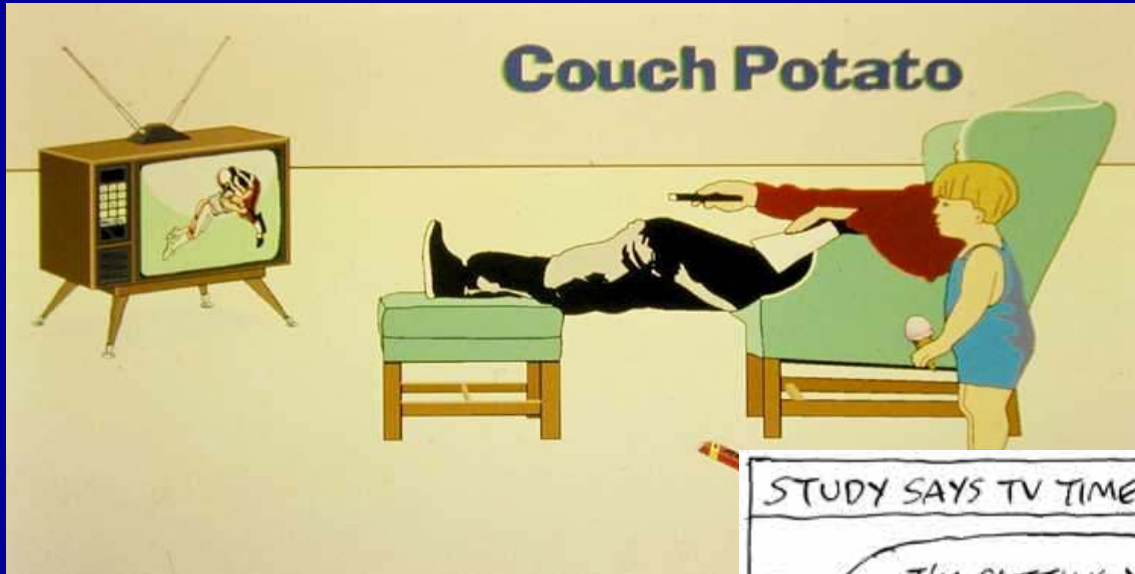


Causes of Overweight & Obesity



Genetics Permits Obesity...
Environment Causes It!

Obesity..



Obesity....

Risk factors

- Diet
- Inactivity
- Psychological factors
- Genetics
- Age
- Cigarette smoking
- Pregnancy
- Medications
- Medical problems
- Alcohol



Risk Factors – how it brings obesity

Obesity....

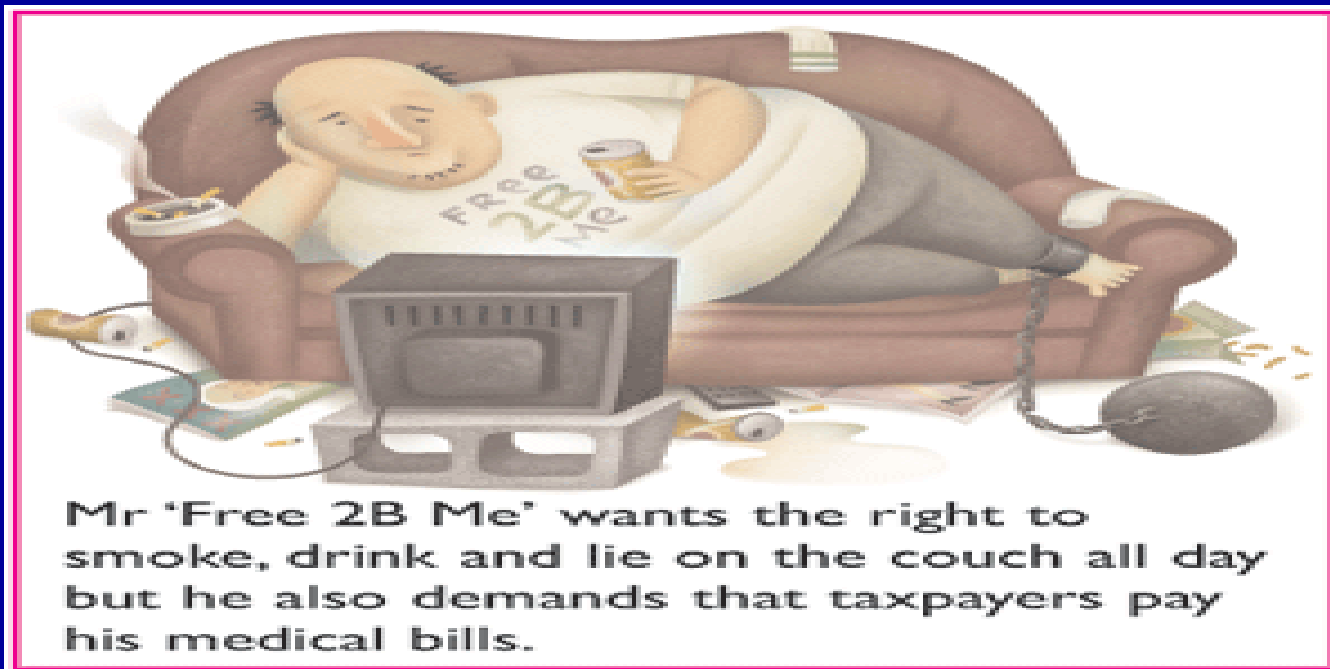
Diet: Regular consumption of high-calorie foods, such as fast foods, contributes to weight gain. High fat foods are dense in calories. Loading up on soft drinks, candy & desserts also promotes weight gain. Foods and beverages like these are high in sugar and calories



Risk Factors – how it brings obesity

Obesity....

Inactivity: Sedentary people are more likely to gain weight because they don't burn calories through physical activities.



Risk Factors – how it brings obesity

Obesity....

Psychological factors: Some people overeat to cope with problems or deal with emotions, such as stress or boredom.



Risk Factors – how it brings obesity

Obesity....

Genetics: If one or both of your parents are obese, your chances of being overweight are greater. Your genes may affect the amount of body fat you store and where that fat is distributed. But, your genetic makeup doesn't guarantee that you'll be obese.





Risk Factors – how it brings obesity

Obesity....

Age: As you get older, you tend to be less active. In addition, the amount of muscle in your body tends to decrease with age. These changes also reduces calorie needs. So if you don't reduce calorie intake you'll gain weight.



Risk Factors – how it brings obesity

Obesity....

Cigarette smoking: Smokers tend to gain weight after quitting. Former smokers often gain weight because they eat more after they quit.



Risk Factors – how it brings obesity

Obesity....

Pregnancy: During pregnancy a woman's weight necessarily increases. Some women find this weight difficult to lose after the baby is born.

This weight gain may contribute to the development of obesity in women.



Risk Factors – how it brings obesity

Obesity....



Medication: Corticosteroids and tricyclic antidepressants, in particular, can lead to weight gain. So can some high blood pressure and anti-psychotic medications.



Risk Factors – how it brings obesity

Obesity....

Medical problems:

- Hormonal imbalances, such as pcos
- Arthritis, can also lead to decreased activity, weight gain.



Risk Factors – how it brings obesity

Obesity....

**Alcohol: Drinking alcohol adds calories to your diet.
Just one regular beer is about 150 calories.**



Types of obesity

Obesity.

Mainly there are two types of obesity, they are:

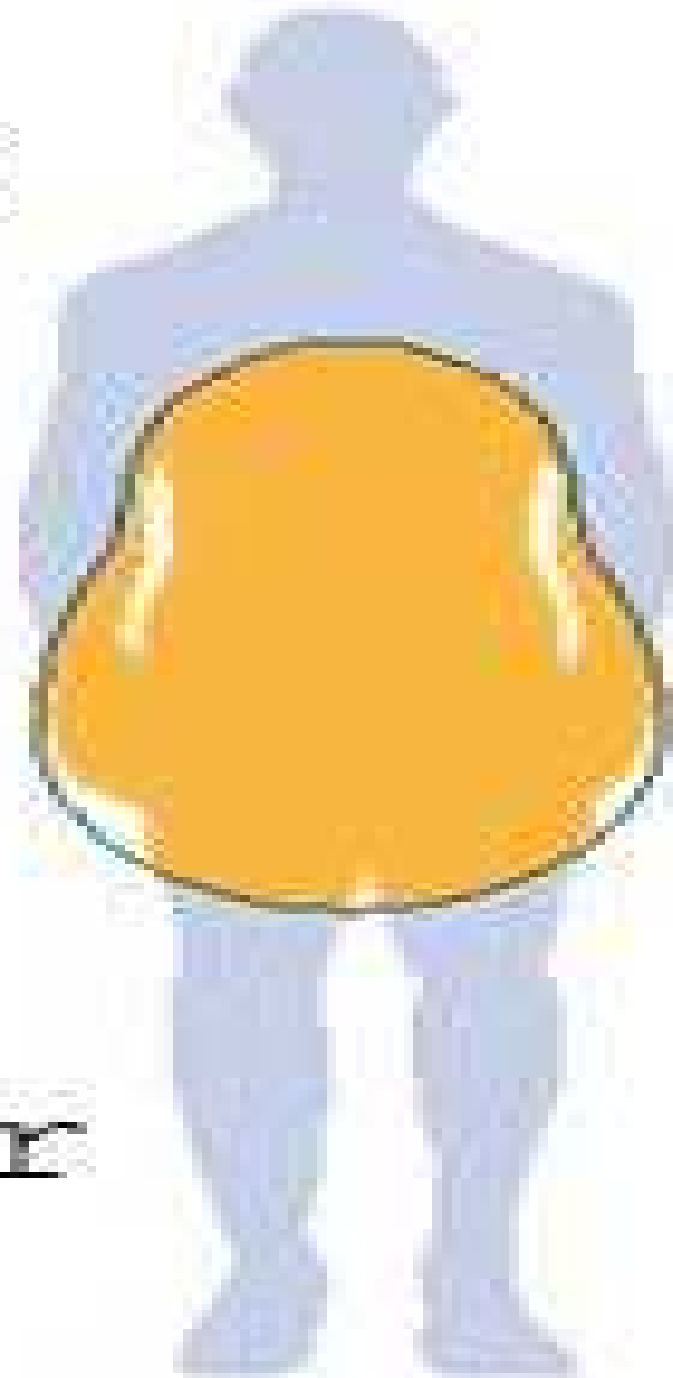
Android: Android type of obesity is likened to the shape of an apple. The shoulders, face, arms, neck, chest & upper portion of the abdomen are bloated. The stomach, arms, shoulders & breast gives a stiff appearance. More common to males.

Android type of obesity is a major risk for heart damage & heart disease due to high cholesterol.

Apple



Pear



Obesity

Types of obesity

Gynoid: In this type the lower part of the body has extra flesh. Females are more affected. Gynoid type of obesity is similar to pears. The flesh is somewhat flabby in the abdomen, thighs, buttocks & legs. The face and neck mostly give a normal appearance.

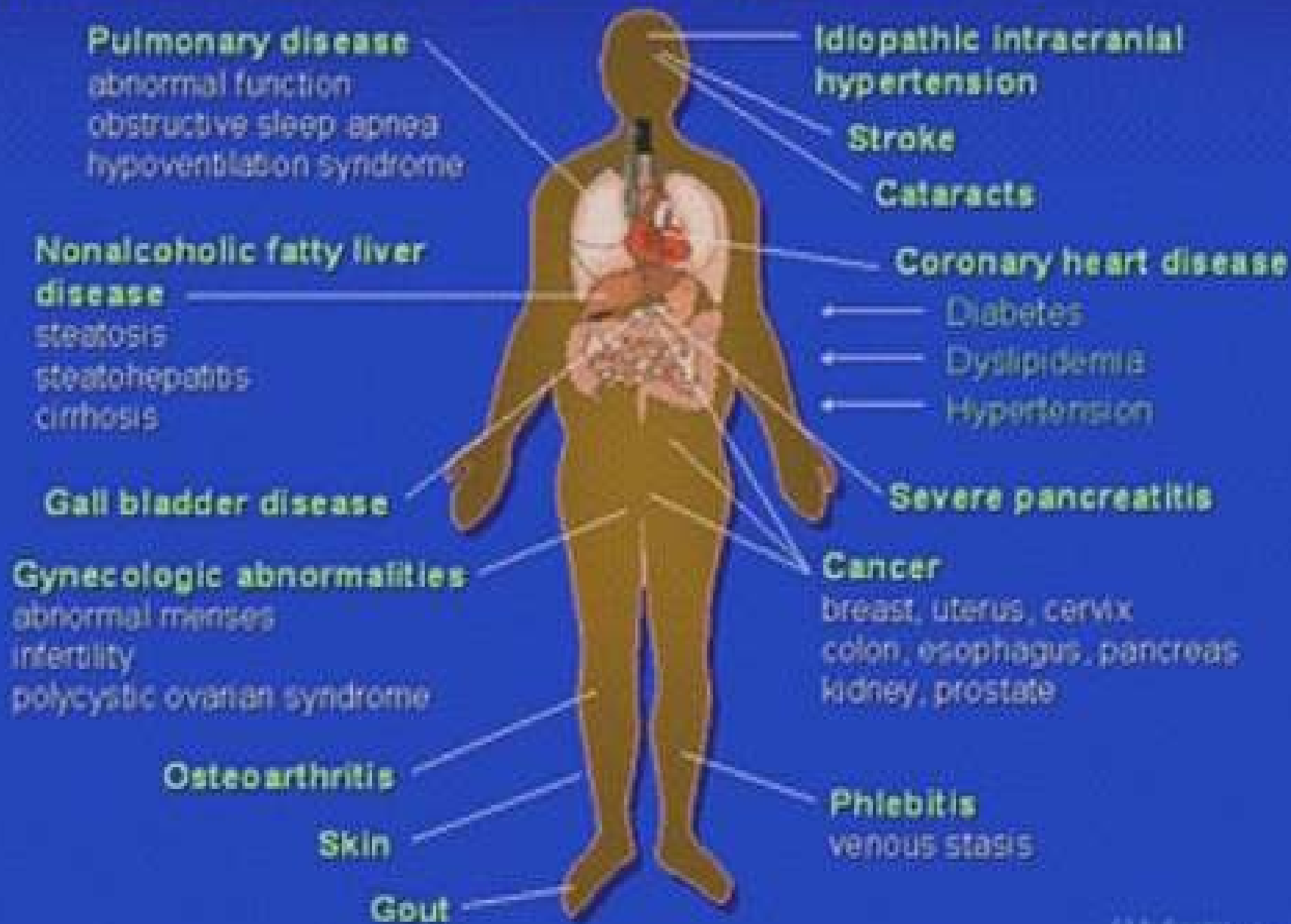
The vital organs affected mostly are the kidney, uterus, intestines, bladder & bowels.

Obesity....

If you are a obese & least concerned of yourself then you are on the way of developing diseases and disabilities.



Medical Complications of Obesity



Obesity.

Diseases and disabilities

- ★ Diabetes
- ★ Abnormal blood fats
- ★ Coronary artery disease
- ★ Heart Attack
- ★ Stroke
- ★ Arthritis
- ★ Sleep apnea
- ★ Cancer
- ★ Fatty liver disease
- ★ Gall bladder disease



Obesity....

What Are the Health Risks of Overweight and Unfit?

Health problems in childhood

Type 2 diabetes
Joint problems
High blood pressure
High cholesterol
Asthma
Sleep apnea
Depression
Low self-esteem
Eating disorders

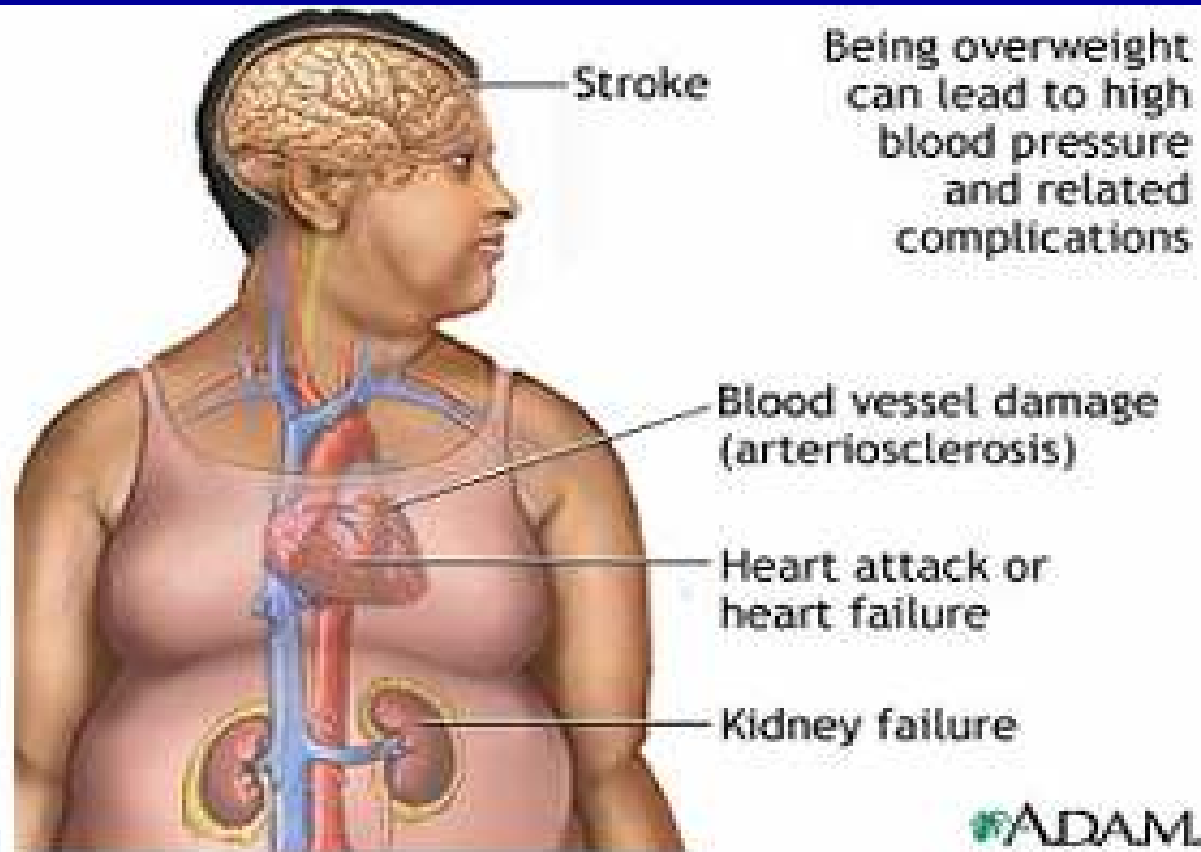
Potential increased risk as adult

Heart attack
Stroke
Cancer
Gallbladder disease
Kidney stones
Osteoarthritis
Pregnancy complications



Obesity consequences

Obesity.



Obesity

Treatment

Dietary changes

- ◆ Choose healthy foods
- ◆ Choose the right carbohydrates
- ◆ Cut back on sweets
- ◆ Reduce fat
- ◆ Count calories
- ◆ Avoid oily food



Choose your right food

Obesity.



Treatment

Obesity....

Increased physical activity

- Group weight loss programs
- Individual weight loss programs



Work out individually

Obesity.



Work out in groups

Obesity...



Work out in groups

Obesity...



Treatment

Behavior change: To lose weight and keep it off, you need to make changes in your lifestyle.

- **Motivate yourself**
- **Make lifestyle changes a priority**
- **Have a plan**
- **Avoid food triggers**
- **Keep a record**
- **Focus on the positive**
- **Don't give up**



THANK YOU

