

OBESITY DETRIMENTAL TO WOMEN'S HEALTH

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Abstract

Obesity is the detrimental to overall health and physical performance. Excess amount of body fat is linked to several diseases including type 2 diabetes mellitus, hypertension, hyperlipidemia, cardiovascular diseases and certain type of cancers, and they increase the morbidity and mortality. The mortality rate increases by 50% to 100% when the body mass index (BMI) is equal to or greater than 30Kg.m^{-2} . Most of the women after 30's suffered from abdominal obesity or disproportion in hip and waist ratio. It appears to serve as platform for variety of clinical health problems, in addition to greater risk of serious illness. It poses other mechanical limitation that limit performance of daily activities. As individual ages, they may lose the ability to regulate energy intake based on physiologic cues, leading to overeating and weight gain. High caloric food with low in nutrients density and sedentary life style are two major causes of obesity. Several methods are used to determine a person's ideal body weight; however in many cases especially for athletes, ideal body weight may be unrealistic. Thus, it is better to focus on a healthy body weight rather than ideal body weight. Healthy body weight is different for each individual, athlete or non athlete, and is one that is relative to a person's overall health profile. Prevention of weight gain would likely to decrease chronic disease, improve quality of life and decrease health care cost. So, weight management is required by an every individual by increasing the physical activity every day with proper diet.

Key words: obesity, BMI, weight management, healthy body weight.

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 [1-3]. Obesity is detrimental to overall health and physical performance. In India women's health is never considered a priority in compare to men's health. But now this concept is changing and women's are also aware of their health. In today's glamorous world every woman wants to be slim with flat abs. Excess amount of body fat is linked to several diseases including type 2 diabetes mellitus, hypertension, hyperlipidemia, cardiovascular diseases and certain type of cancers, and they increase the morbidity and mortality. The mortality rate increases by 50% to 100% when the body mass index (BMI) is equal to or greater than 30Kg.m^{-2} . Most of the women after 30's suffered from abdominal obesity or disproportion in hip and waist ratio. It appears to serve as platform for variety of clinical health problems, in addition to greater risk of serious illness. It poses other mechanical limitation that limit performance of daily activities. As individual ages, they may lose the ability to regulate energy intake based on physiologic cues, leading to overeating and weight gain. High caloric food with low in nutrients density and sedentary life style are two major causes of obesity. Several methods are used to determine a person's ideal body weight; however in many cases especially for athletes, ideal body weight may be unrealistic. Thus, it is better to focus on a healthy body weight rather than ideal body weight. Healthy body weight is different for each individual, athlete or non athlete, and is one that is relative to a person's overall health profile. Obesity ($\text{BMI} \geq 30\text{ Kg.m}^{-2}$) and overweight ($\text{BMI} 25$ to 29.5 Kg.m^{-2}) are serious health issue in India and other developing countries. Body weight is one of the components of Body composition. It is measured by a balance beam or digital scale and compared with height and weight table. Now the question arises, how the normal body weight is important. Normal bodyweight is very important for healthy life; it reduces the risk of disease. Because overweight is one of the biggest cause of many disease. The normal body weight range in Body mass index is 18.5 to 24.5. i.e. if, the person is having the BMI within the range of 18.5 to 24.5 is normal weight.

WHAT RESEARCH SAYS?

Obesity is prevalent among all the age groups and is on the rise among adults especially the women worldwide in both developed and developing countries [1]. In 2008, 34% of U.S adults were considered obese.

–Recent data from the Indian National Family Health Survey of 1998-1999 shows the major nutrition problem facing women continues to be under-nutrition, but 12 percent of the women found classified as overweight, and 2 percent were obese,. –In the large cities of Andhra Pradesh, where 4 percent of the sample lives, researcher found 37 percent of women were overweight or obese. Research reveals about 10% cause of infertility is because of obesity. The major affect of obesity in women is hormonal imbalance which causes infertility. The production of excess fat cell manufactures plenty of hormone estrogen. Too much of estrogen in women works in similar manner as if it were on birth control pills. It results in the egg not being released. This situation may give rise to some medical condition known as polycystic ovary syndrome (PCOS).

According to NFHS (National Family Health Survey) based data from 2007, In India 16% females are obese and rank 15 in world, in Maharashtra 18.1% females are obese and rank 13 in Indian states.

CAUSES OF OBESITY

1. Diet - Diet high in fat, salt and sugar are directly linked to obesity. –Fast food diets are significant weight gain issues. Meal size is also related to obesity. In many cases, people that typically eat oversized portions at meal time will be at a higher risk for obesity.

2. Genetics - Some people have a family history of chronic illness, and obesity can be one of them. Weight loss is more difficult in people with slower metabolisms than an average person. If the person has inherit a sluggish metabolism, insulin insensitivity or even diabetes, than the person is at higher risk category for obesity and need medical and possibly dietary, intervention to prevent obesity.

3. Lack of Exercise - It is one of the important causes to obesity. Sedentary lifestyle and stressful working conditions leads to obesity. Person has to spend a majority of day moving instead of sitting (at computers, in front of the TV, playing video games. etc.).

4. Medical Abnormalities - Sometimes, healthy people suddenly start gaining weight rapidly, without deviating from their normal diet or exercise routine. That could be a sign of a medical problem (like stress hyperthyroidism or diabetes) or a hormone imbalance.

TYPE OF OBESITY

1. Android type – It is characterized by a distribution of fat on abdominal wall, oblique, chest and upper back. Weight loss with this fat pattern is usually easier, but the risk of diseases is high. This type is more common in men but after menopause common in women.
2. Gynoid type - It is characterized by a distribution of fat on buttock, hips and thighs. This type of fat is more difficult to lose, and the risk of diseases is less. This type is more common in women.

OBJECTIVE:

1. To study the percentage of overweight and obese women in Nasik city.
2. To know the health risk factor in overweight and obese women.

METHODOLOGY:

The study was undertaken to know the overweight and health related risk factors in women's of Nasik city.

Sample size:

Women respondents between the age of 30-60 years were selected from Nasik city for survey, with help of random sampling 100 women were selected and their height and weight were measured for calculating the BMI. Questionnaire was prepared to elicit the information about the health related risk factors in overweight and obese women.

For calculating the (Body Mass Index) the following formula was adopted.

$BMI = \text{Weight (Kg)} / \text{Height (meters}^2\text{)}$

RESULTS:

Table No.1: Frequency and Percentage Distribution of the respondents as per their BMI

Age Range n=100	Under weight (BMI $\geq 18 \text{ Kg m}^{-2}$)		Normal weight BMI(18.5kg m ⁻² to 24.5Kg m ⁻²		Overweight BMI(25 to 29.5 Kg.m ⁻²)		Obese (BMI ≥ 30 Kg. m ⁻²)	
	f	%	f	%	f	%	f	%
30yrs -40yrs(40 sample)	11	11%	04	04%	17	17%	08	8%
40yrs -50yrs(40 sample)	08	08%	06	06%	16	16%	10	10%
50yrs -60yrs (20 sample)	00	00	05	5%	08	8%	07	7%
Total	19	19%	15	15%	41	41%	25	25%

From the above table it can be interpreted that from the total no. of respondents forty one respondents were overweight and twenty five respondents were obese.

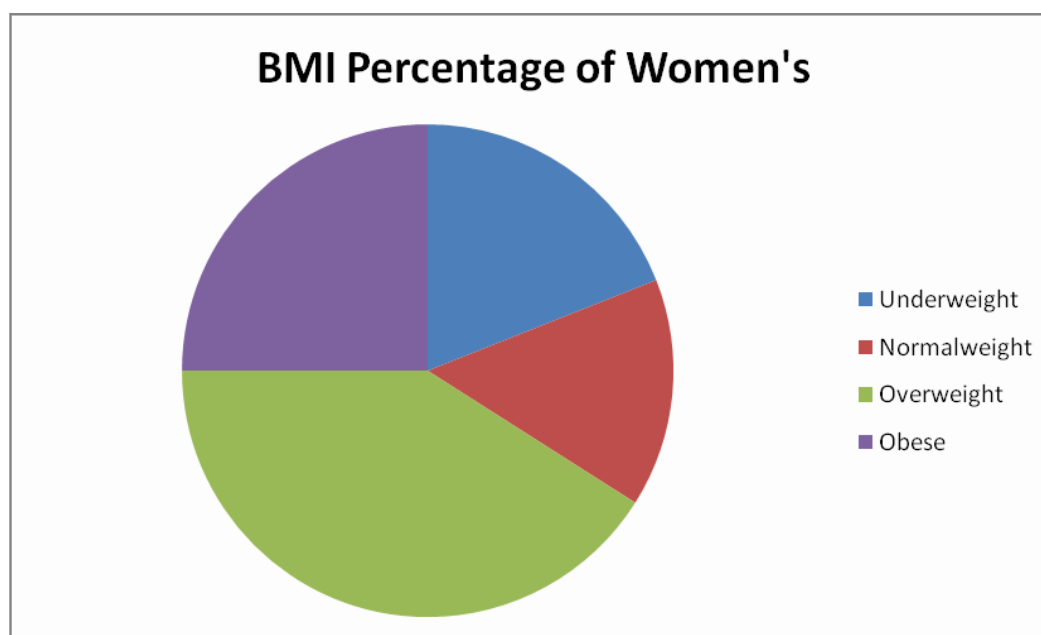


Table no.2 Percentage distribution of the respondents showing health related risk

Health risk	Under weight	Normal weight	Overweight	Obese
Primary risk	8%	2%	24%	15%
Secondary risk	-	-	7%	10%

It can be concluded that twenty four percent overweight and fifteen percent obese women are at primary health risk and only seven percent and ten percent of them are at secondary risk.

CONCLUSION:

The study shows that out of hundred women's 41% are overweight and 25% are obese by calculating there BMI. Overweight and obesity may increase the health risk among the women. It was found during the study that 24% overweight women's are at primary risk category and 7% are at secondary health risk, similarly 15% of obese women's are at primary risk and 10% at secondary risk. Obesity in women with sedentary lifestyle can lead to health risk factors and may rise to many diseases like hypertension, Diabetes type II, bone and joint problem etc .Weight management has to be very important with proper diet and exercise and hence weight loss exercise was recommended to the overweight and obese respondents

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