

KUVEMPU UNIVERSITY

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EC-202 - SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

Topic: Obesity and its hazard

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OBESITY AND ITS HAZARD

- Obesity is one of the greatest public health challenges of the 21st century.
- Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern.
- Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.
- A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters).
- A person with a BMI of 30 or more is generally considered obese. A person with a BMI equal to or more than 25 is considered overweight.

- It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers.
- Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. Once associated with high-income countries, obesity is now also prevalent in low- and middle-income countries.

WHAT CAUSES OBESITY AND OVERWEIGHT?

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

- An increased intake of energy-dense foods that are high in fat and sugars; and
- An increase in physical inactivity due to the increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization.

What are common health consequences (Complications) of overweight and obesity?

- Heart disease and strokes. Obesity makes you more likely to have high blood pressure and abnormal cholesterol levels, which are risk factors for heart disease and strokes.
- Type 2 diabetes. Obesity can affect the way your body uses insulin to control blood sugar levels. This raises your risk of insulin resistance and diabetes.
- Certain cancers. Obesity may increase your risk of cancer of the uterus, cervix, endometrium, ovary, breast, colon, rectum, esophagus, liver, gallbladder, pancreas, kidney and prostate.

- **Digestive problems.** Obesity increases the likelihood that you'll develop heartburn, gallbladder disease and liver problems.
- **Gynecological and sexual problems.** Obesity may cause infertility and irregular periods in women. Obesity also can cause erectile dysfunction in men.
- **Sleep apnea.** People with obesity are more likely to have sleep apnea, a potentially serious disorder in which breathing repeatedly stops and starts during sleep.
- **Osteoarthritis.** Obesity increases the stress placed on weight-bearing joints, in addition to promoting inflammation within the body. These factors may lead to complications such as osteoarthritis.

Obesity – Causes and Effects

