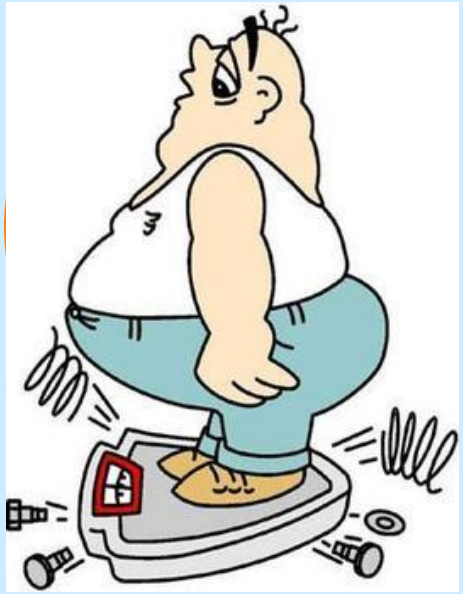
OBESITY & LIFESTYLE



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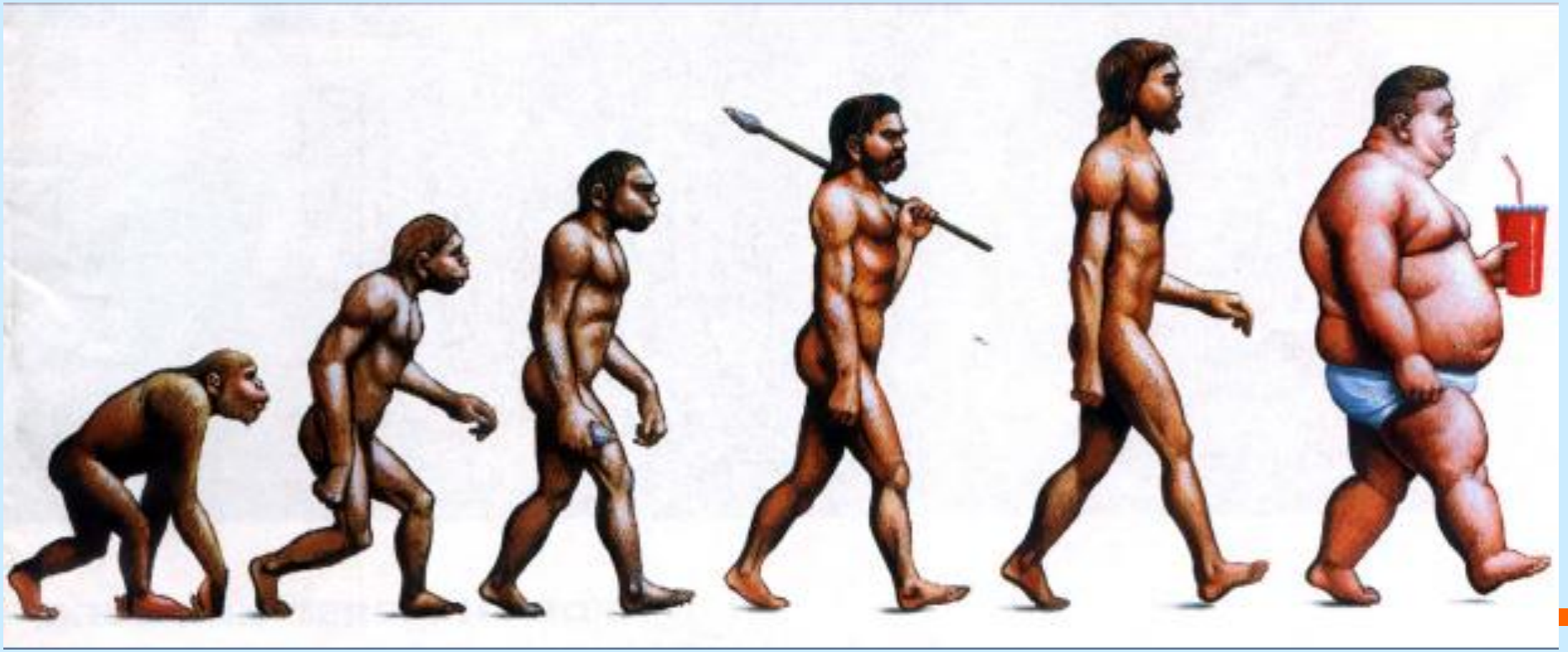
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Obesity – The Facts

Obesity represents the greatest threat to health in the world, with poor diet contributing to more disease than physical inactivity, smoking and alcohol combined.

The prevalence of obesity among Indians increased in 2019-21 compared to 2015-16, as per the latest National Family Health Survey (NFHS-5) data. Nearly one in every four persons is overweight compared to one in every five earlier.

The majority of the obese adult population do not identify themselves as either obese or even very overweight.

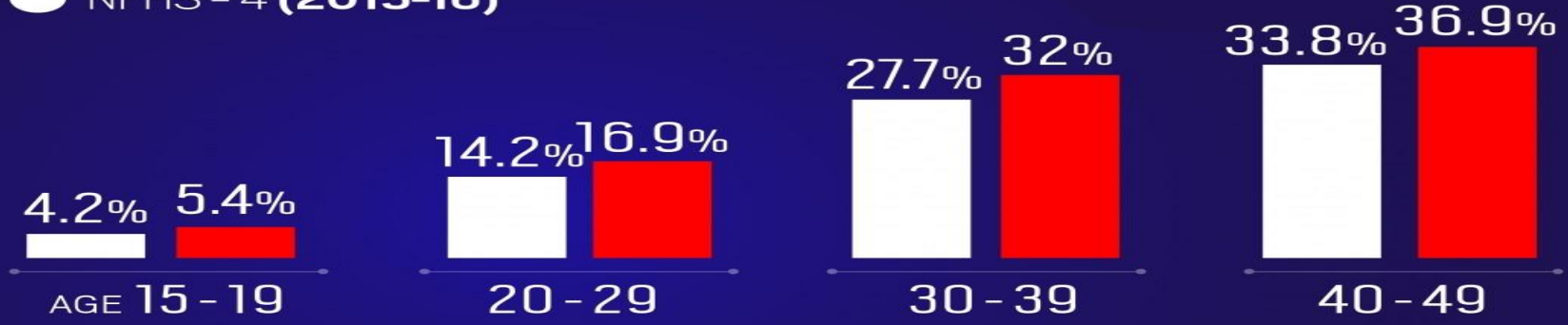


INDIA'S WEIGHTY PROBLEM:
1 OUT OF EVERY 4 PERSONS
OBESE NOW



Age-wise incidence of obesity

NFHS – 5 **(2019–21)**
NFHS – 4 **(2015–16)**



Urban–rural divide in incidence of obesity



Note: NFHS 4 & 5 data for women shown above BMI ≥ 25 is overweight or obese
Source: National Family Health Survey

What is Obesity ?

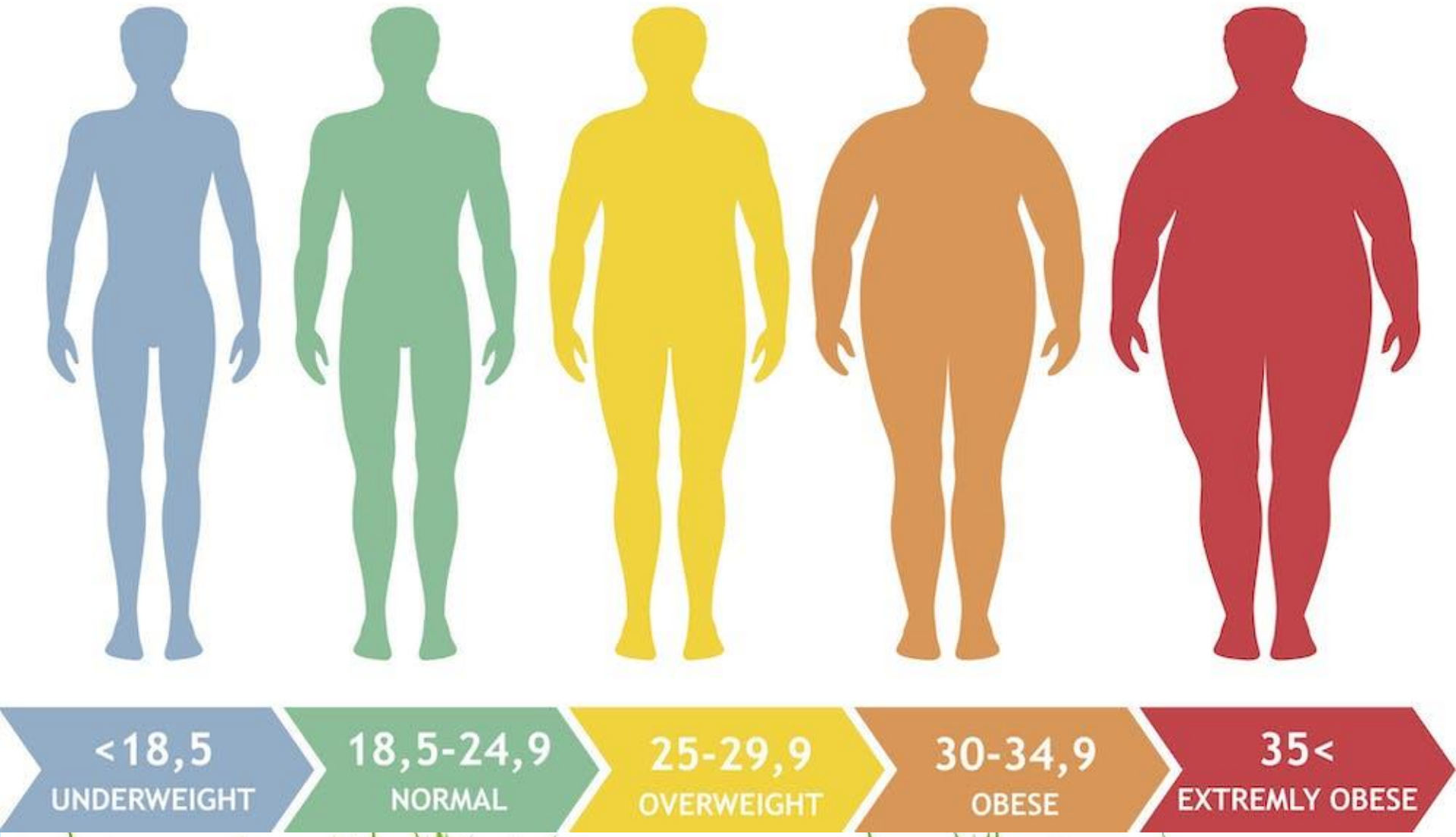
Overweight and obesity are terms that refer to an excess of body fat and they **usually** relate to increased weight-for-height. The most common method of measuring obesity is the

Body Mass Index (BMI).

In adults, a BMI of 25kg/m² to 29.9kg/m² means that person is considered to be overweight, a BMI of 30kg/m² or higher means that person is considered to be obese.

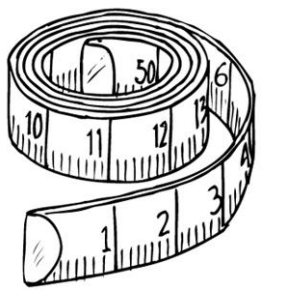
This is a crude tool.

Body Mass Index



(NICE) recommends the use of BMI in conjunction with waist circumference as the method of measuring overweight and obesity and determining health risks.

In order to measure abdominal obesity, waist circumference is measured, and categorised into desirable, high and very high, by gender-specific thresholds.

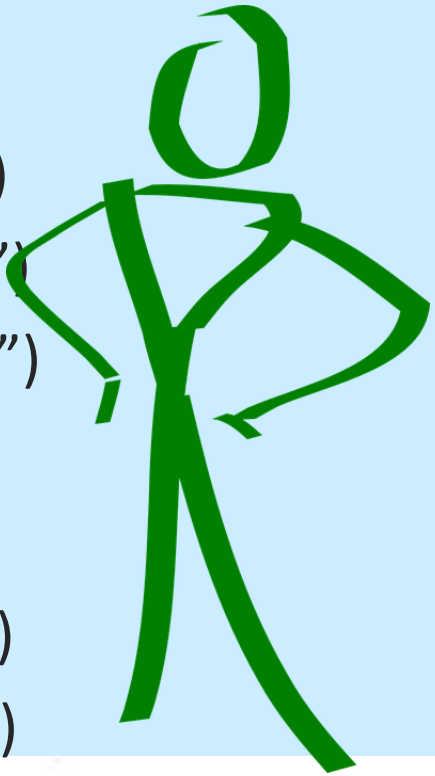


Men

Desirable = Less than 94 cms (<37”)

High = Between 94-102 cms (37”-40”)

Very high = More than 102 cms (>40”)



Women

Desirable = Less than 80 cms (<31”)

High = Between 80-88 cms (31”-34”)

Very high = More than 88 cms (>34”)

Adult Obesity: Prevalence

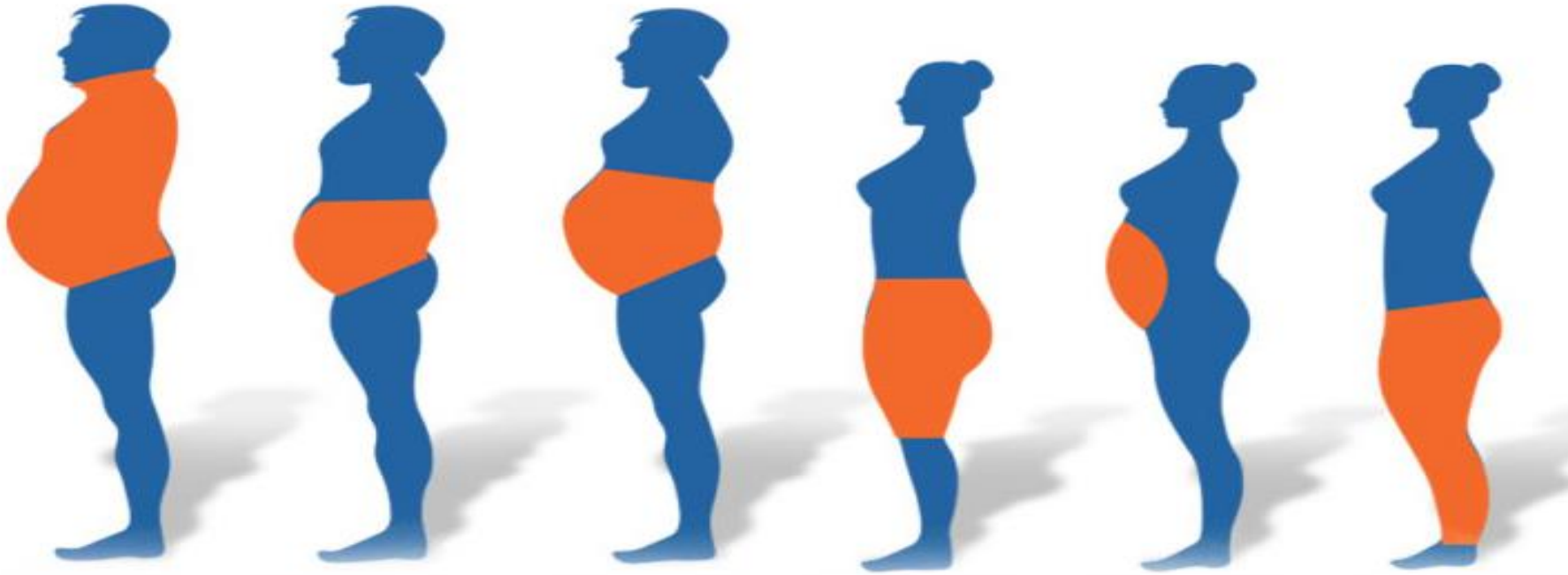
Obesity prevalence varies with age for both males and females, with the highest obesity levels in the 55-64 age group.



Prevalence of **morbid obesity (a BMI of 40+)** has more than tripled since 1993, and reached **2%** of men and **4%** of women in 2015.



6 Types of Body Fat



Full upper body fat	Lower abdomen fat	Large stomach with upper back fat	Lower body fat	Swollen stomach	Lower body fat, including lower legs
Overeating and consumption of sugary foods	Stress, depression, and anxiety	Inactivity	Excess gluten in your diet, like bread or whole grain.	Excessive alcohol consumption or difficulty of breathing	Heredity or occurs during pregnancy.

Health Problems Related to Obesity



Hypertension



High blood pressure is twice as common among obese adults as among those of a

normal weight

(Approximately 40% of obese population compared with 20% of population with BMI within the normal range).



Pre-diabetes

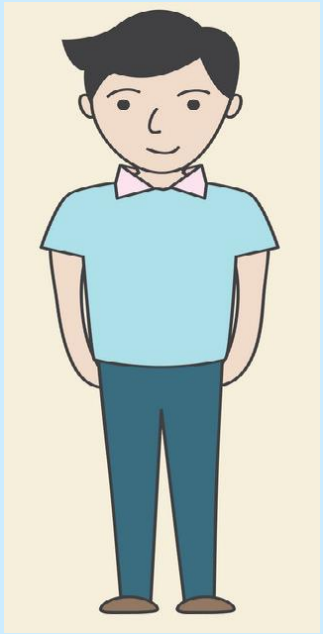
- Higher risk of going on to develop diabetes than the background population.
- A warning alarm.
- Opportunity to reduce risk and change before diabetes develops.
- Medication can help with this but weight loss through lifestyle change really helps.

Health Problems Related to Obesity

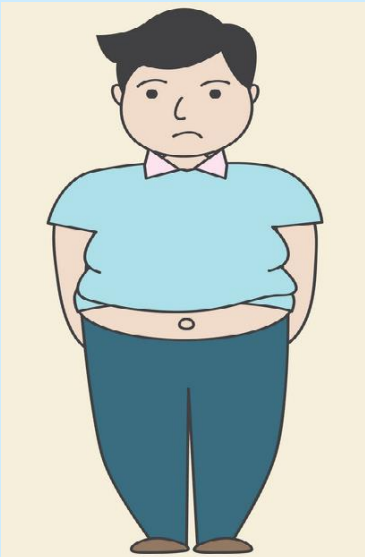


Diabetes

Number of people diagnosed with diabetes has increased by 60% in the last decade.



Prevalence of diabetes (diagnosed and undiagnosed) among adults with desirable and very high waist circumference was **2%** and **11%** respectively.



Obesity – other health risks

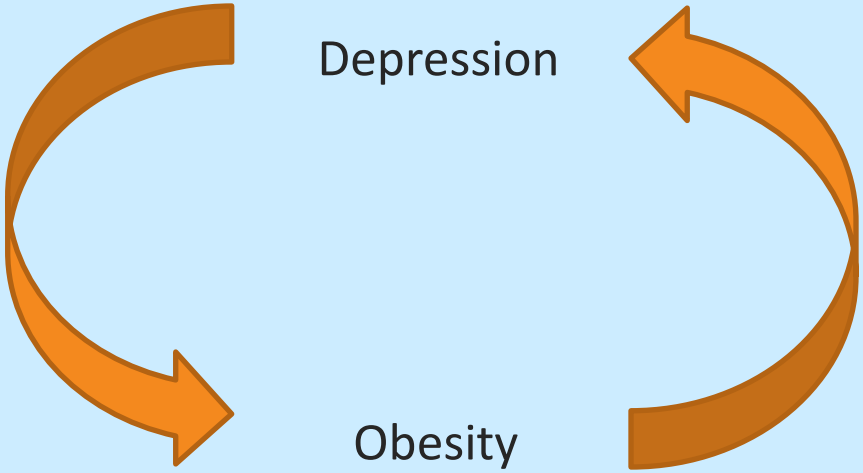


- ✓ **Heart disease & stroke**
- ✓ **Depression & stress**
- ✓ **Arthritis**
- ✓ **Breathing problems, such as asthma and sleep apnoea** *(when a person stops breathing for short episodes during sleep)*

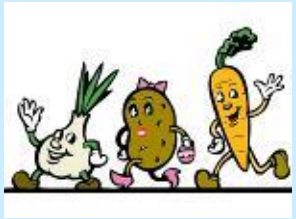


Weight Loss – Not a simple solution?

- It is widely recognised that obesity and tackling weight loss can also be heavily linked to psychological problems affecting a patient.

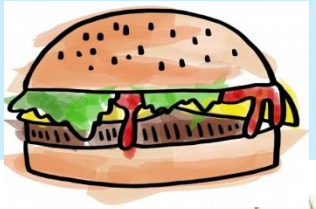


How can patients help themselves - Diet?

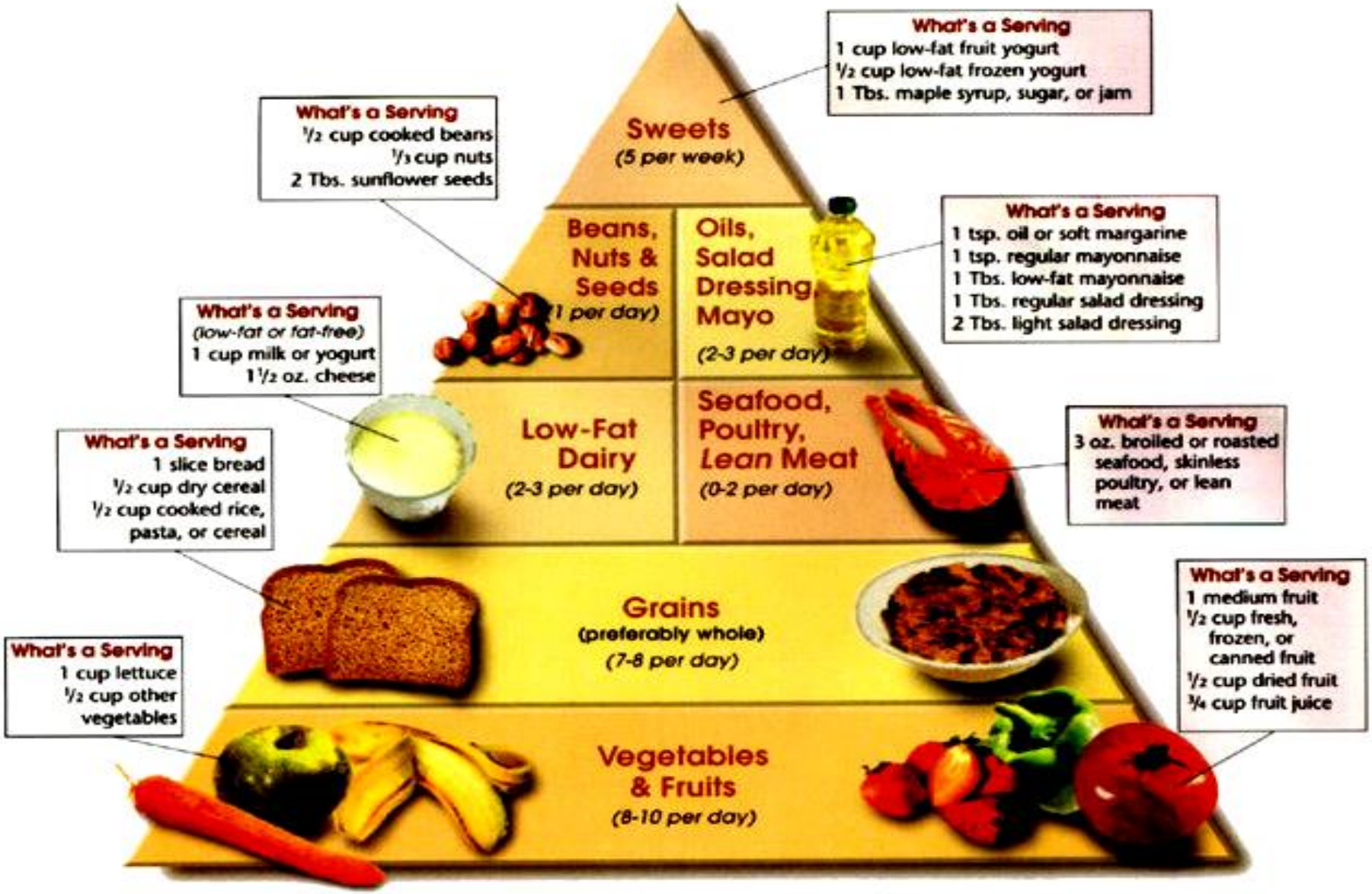


Very few adults ate the recommended **5** or more portions of fruit and vegetables a day.

Poor diet and nutrition are recognised as major contributory risk factors for ill health and premature death.







Note: Choose lower-salt foods from all categories.

Diet plan for weightloss

Health

Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 bowl of poha or daliya with vegetable	Oats porridge (with skimmed milk) and fruits	2 brown rice idlis with sambhar	2 brown toasts with 1-egg omelette or 1 small bowl low-fat paneer bhurji	1 besan chilla with coriander-mint chutney
Snack	Mixed nuts (approx. 25g)	1 bowl of roasted makhana	1 apple	1 bowl of carrot and cucumber sticks	1 bowl of cut fruits and ½ glass of skimmed milk
Lunch	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (carrot-caulifower-peas) and 1 bowl of curd	1 chapati, 1 small bowl of methi dal, ½ small bowl rice, 1 small bowl of sabzi (okra), and 1 bowl of vegetable salad	1 bajra roti, 1 small bowl of dal, 1 small bowl of sabzi (brinjal) and 1 bowl of vegetable salad	1 chapati, 1 small bowl of chole, ½ small bowl rice and 1 bowl of vegetable raita	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (pumpkin) and 1 bowl of curd
Snack	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of soup	1 bowl of sprouts salad	5-7 soaked almonds
Dinner	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (palak paneer)	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (bottle gourd)	Mixed vegetable salad topped with nuts, and grilled low-fat paneer	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (stuffed bitter gourd)	1 bowl of barnyard millet pulao with 1 small bowl of mixed vegetable curry
Optional beverages	Cucumber juice, wheatgrass juice, ash gourd juice, green tea, lemonade or amla juice				

This is an indicative diet. Consult a nutritionist to get a customized diet plan for your needs.



How can patients help themselves – Activity ?



Inactive person

(fewer than 30 minutes physical activity a week).

- **Less active and less fit people have a greater risk of developing high blood pressure.**
- **Physical activity can reduce your risk for type 2 diabetes.**
- **Studies show that physically active people are less likely to develop coronary heart disease than those who are inactive.**

How can patients help themselves – Activity

Join a local Gym or exercise at home!

Go for a walk!

Walking is simple, free, and one of the easiest ways to get more active, lose weight and become healthier. You don't have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise

Go for a swim!

Join a dance class!



Anything to get you moving and hopefully having fun!

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.





150 minutes PER WEEK



150 to 300 minutes PER WEEK

60 minutes PER DAY



On at least **2** days a week
muscle strengthening activities

On at least **3** days a week
multicomponent activities for balance and strength



more than **300** minutes PER WEEK

PREGNANT & POSTPARTUM WOMEN	ADULTS & OLDER ADULTS	CHILDREN & ADOLESCENTS	ADULTS	OLDER ADULTS	EVERYONE WHO CAN

WHO guidelines on physical activity and sedentary behaviour (2020).

For more information, visit: **www.who.int/health-topics/physical-activity**

LET'S Be active Everyone Everywhere Everyday

World Health Organization

Benefits Of Exercise For Obesity



What a 5% Weight Loss Can Do for Your Health

- **Helps regulate blood sugar and diabetes**
- **Improved heart health**
- **Decreased risk of stroke**
- **Better sleep**
- **Improved mobility & Decreased joint pain**
- **Higher self-esteem**
- **Reduced risk of certain cancers**




THANK
YOU!