

WHY DO MOST PEOPLE SUFFER OVERWEIGHT IN THE XXI CENTURY?

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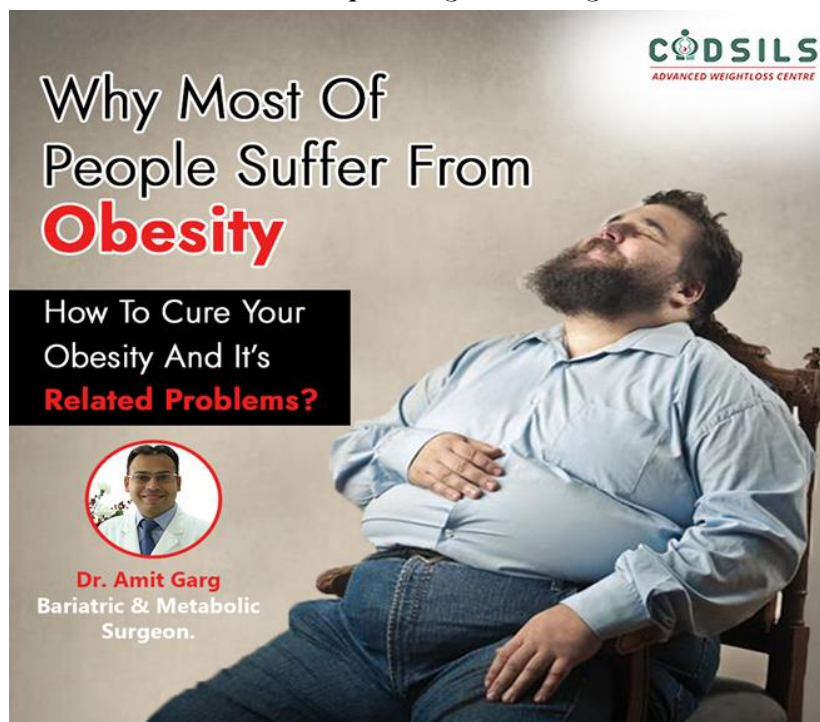
Abstract

In today's age obesity become the biggest killer of humanity while causing different diseases. People began to suffer from needless weight taking extra stresses. Deaths due to excess body fat and obesity have now overtaken smoking-related deaths in people older than 45. Moreover, nowadays most people have become dependent on dietitian's recommendations. This article shows can people get rid of being overweight and live without anyone's advice of course leading to a healthy lifestyle.

Keywords

Body mass index, cardiovascular diseases, musculoskeletal disorders, cancer

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a health risk. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. Body mass index (BMI) is a simple weight-for-height index commonly used to



classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m^2).¹ What causes obesity and overweight?

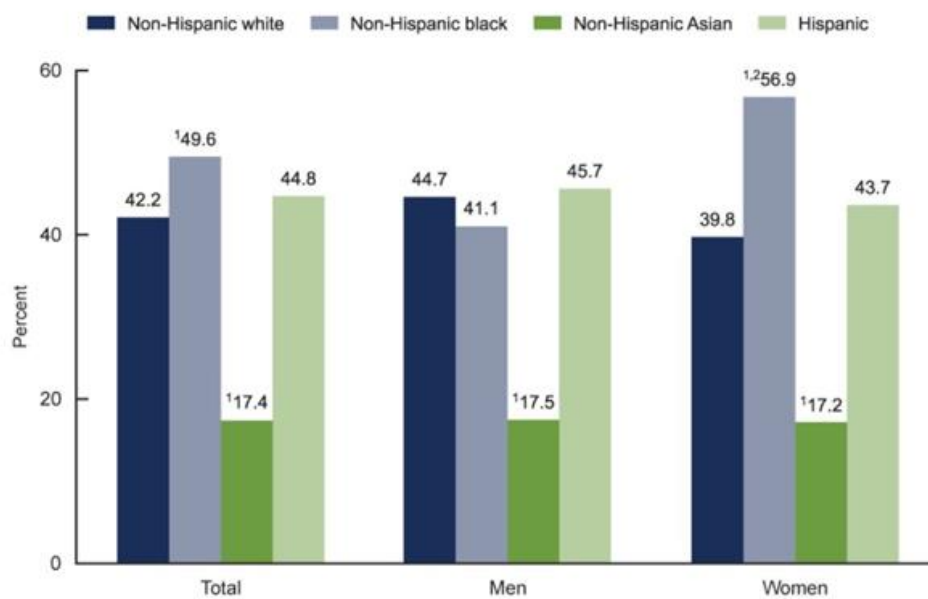
The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended. Globally, there have been:

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.

Changes in dietary and physical activity patterns are often the result of environmental and societal changes associated with development and lack of supportive policies in sectors such as health, agriculture, transport, urban planning, environment, food processing, distribution, marketing, and education.

2. The origins of obesity can be traced back at least 25,000 years. In the Stone Age, in the Middle Ages, and the 17th century overweight indicated prosperity, power, and fertility, but already Hippocrates described obesity as a disease in the Antique. Many factors influence body weight genes, though the effect is small, and heredity is not destiny; prenatal and early life influences; poor diets; too much television watching; too little physical activity and sleep; and our food and physical activity environment.



3. What are the common health consequences of overweight and obesity?

Raised BMI is a major risk factor for no infectious diseases such as:

cardiovascular diseases (mainly heart disease and stroke), which were the leading cause of death in 2012;

diabetes;

musculoskeletal disorders (especially osteoarthritis - a highly disabling degenerative disease of the joints);

some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon).

The risk for these no communicable diseases increases, with increases in BMI.

Childhood obesity is associated with a higher chance of obesity, premature death, and disability in adulthood. But in addition to increased future risks, obese children experience breathing difficulties, increased risk of fractures, hypertension, early markers of cardiovascular disease, insulin resistance, and psychological effects.

Overweight and obesity, as well as their related no communicable diseases, are largely preventable. Supportive environments and communities are fundamental in shaping people's

choices, by making healthier foods and regular physical activity the easiest choice (the choice that is the most accessible, available, and affordable), and therefore preventing overweight and obesity.

At the individual level, people can:

limit energy intake from total fats and sugars;

increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts;

and

engage in regular physical activity (60 minutes daily for children and 150 minutes spread throughout the week for adults).

Individual responsibility can only fully affect when people have access to a healthy lifestyle. Therefore, at the societal level, it is important to support individuals in following the recommendations above, through sustained implementation of evidence-based and population-based policies that make regular physical activity and healthier dietary choices available, affordable, and easily accessible to everyone, particularly to the poorest individuals. An example of such a policy is a tax on sugar-sweetened beverages.

The food industry can play a significant role in promoting healthy diets by:

reducing the fat, sugar, and salt content of processed foods;

ensuring that healthy and nutritious choices are available and affordable to all consumers;

restricting marketing of foods high in sugars, salt, and fats, especially those aimed at children and teenagers; and ensuring the availability of healthy food choices and supporting regular physical activity practice in the workplace.

4 Do people need a nutritionist dietitian in their lives

With the rise of chronic health conditions such as obesity, diabetes, and heart disease, it's more important than ever to maintain a healthy and balanced diet. Nutritionists and dietitians play a crucial role in modern lifestyle by helping individuals make smart decisions about their diets and food choices. Today most people need constructors to lose and gain weight correctly, but for this, they do not have to go out they can use social sites watch videos, and apps, and read articles while staying at home. Nowadays it is required to have professional nutritionists to support people to improve their health by providing expert nutrition and dietary advice. A dietitian can help you manage health conditions, such as diabetes. eating disorders.

5 What will happen after leading a life with proper nutrition?

Healthy eating has many benefits, such as reducing the risk of heart disease, stroke, obesity, and type 2 diabetes. A person may also boost their mood and gain more energy by maintaining a balanced diet.

Adherence to a healthy lifestyle as a composite score, including not smoking, exercising regularly, consuming no or moderate amounts of alcohol, and eating a healthy diet, was associated with a reduced risk of several health outcomes among adults with obesity. Although a healthy lifestyle appeared to be beneficial, it did not entirely offset the health risks associated with obesity.

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