



Overnutrition and issues of Obesity:

❖ What is the Overnutrition?

Overnutrition is a form of malnutrition (imbalanced nutrition) arising from excessive intake of nutrients, leading to accumulation of body fat that impairs health (i.e., overweight/obesity). The amount of nutrients exceeds the amount required for normal growth, development, and metabolism. Overnutrition can develop into obesity, which increases the risk of serious health conditions, including cardiovascular disease, hypertension, cancer, and type-2 diabetes. Obesity is a serious disorder which occurs by eating more calories than one burn. Overnutrition is defined as the overconsumption of nutrients and food to the point at which health is adversely affected. It is also the cause of oversupplying a specific nutrient, such as dietary minerals or vitamin poisoning or Iron poisoning. Overnutrition may also refer to greater food consumption than appropriate, as well as other feeding procedures such as parenteral nutrition. The prevalence of overweight and obesity is increasing in developing countries, and even in low-income groups in richer countries. Problems of overnutrition are increasing even in countries where hunger is prevalent.

❖ Factors Contributing to Overnutrition:

Obesity and overweight result from a variety of causes included individual behavioral and genetic causes. While many factors including genetics, drugs, and other medical conditions may contribute to obesity, behavior is perhaps the most common contributor. Individual level healthy weight is associated with a healthy diet and regular physical activity. Restaurants are serving



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incredibly caloric meals, with some meals containing 2,000 calories. People are becoming more sedentary in both the home and office.

This obesogenic culture has spread to other nations, including many developing countries. Furthermore, a growing number of households own television sets, personal vehicles, and other technologies that reduce physical activity and facilitate weight gain.

Economic inequality in many nations is a primary cause of both overnutrition and undernutrition. Studies conducted in India show that income inequality had the same effect on the risk of being overweight as it did on the risk of being underweight. While some people have the resources to purchase amounts of food beyond their daily caloric requirements, others cannot meet their recommended caloric intake. However, increasing numbers of poor people are becoming overweight in more nations, as these individuals consume affordable, yet highly caloric meals, such as fast food and processed foods.

❖ **Overnutrition Interventions:**

The WHO began sounding the alarm to the overnutrition epidemic in the early 1990s. Since then, the WHO has initiated public awareness campaigns targeting policy-makers, private sector partners, medical professionals, and the general population. The WHO began collaborating with universities, including the University of Sydney (Australia) and the University of Auckland (New Zealand), to understand the economic impact and factors of overweight and obesity. The WHO has also formulated a Global Strategy on Diet, Physical Activity and Health, which outlines steps to combat global overnutrition. The overall goal of the Global Strategy is to “promote and protect health by guiding the development of an enabling environment for



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sustainable actions at individual, community, national and global levels that, when taken together, will lead to reduced disease and death rates related to unhealthy diet and physical inactivity.

❖ **How can Overnutrition be prevented?**

Three strategies to prevent overeating

1. **Look at your food.** Pay attention to the food you are about to put in your mouth.
2. **Beware the S's: Sugar and salt.** Sugar and salt are taste bud tantalizers, and as such, it is easy to overeat sweet and salty food products – which are often highly processed.
3. **Change your response** to comfort-food cravings.

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❖ What is Obesity?

Obesity is a condition in which a person has excess body fat. More than just a number on a scale or the size of someone's body, obesity can increase a person's risk of diseases and health problems, including high blood pressure, diabetes and heart disease. It is a complex problem and a major public health concern in worldwide.

Obesity is usually defined using a ratio of height to weight called body mass index (BMI), which often correlates with a person's level of body fat. According to the CDC, an adult with a BMI of 30 or higher is considered obese.

Classification of obese for adults who are at least 20 years old:

BMI	Class
18.5 or under	underweight
18.5 to <25.0	“normal” weight
25.0 to <30.0	overweight
30.0 to <35.0	class 1 obesity
35.0 to <40.0	class 2 obesity
40.0 or over	class 3 obesity (also known as morbid, extreme, or severe obesity)



❖ What are the issues of obesity?

Issues of obesity involve health problems linked to obesity. Obesity is a complex disease involving an excessive amount of body fat. Obesity is not just a cosmetic concern. Obesity are linked to increase the risk of other diseases and health problems, such as heart disease, type 2 diabetes (high blood sugar), high blood pressure, certain cancers, and other chronic conditions.

❖ Is obesity a disease?

Whether or not obesity should be considered a "disease" (or an abnormal state) is a matter of debate. In 2013, the American Medical Association, the nation's largest group of physicians, voted to recognize obesity as a disease.

The decision was meant to improve access to weight loss treatment, reduce the stigma of obesity and underscore the fact that obesity is not always a matter of self-control and willpower.

But others argue that calling obesity a disease automatically categorizes a large portion of Americans as "sick," when they may not be. Instead, critics say obesity should be considered a risk factor for many diseases, but not a disease in and of itself.

❖ How is obesity treated?

To achieve a healthy weight and adopt healthier eating habits, people may need to see several health professionals, including a dietitian, behavioral therapist, exercise physiologist and obesity expert. Working with a diverse team of health experts can help people make long-term changes in their eating and exercise habits and develop strategies to address any emotional



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and behavioral issues that may lead to weight gain and unhealthy lifestyle habits.

Although there are lots of fad diets, such short-term dietary changes are not the best way to keep weight off permanently. Instead, people should aim to make long-term changes, such as eating healthy on a regular basis, and boosting daily physical activity. Behavior changes, such as understanding what stresses or situations may contribute to overeating and learning to modify these behaviors, are also important for achieving weight-loss goals.

Even small amounts of weight loss — such as 5 to 10 percent of your total body weight — can have health benefits. These benefits include improvements in blood pressure, cholesterol levels and blood sugars.

According to the CDC, here are some tips that may help people lose weight successfully:

- Keep a daily food diary, which can make people more aware of what foods they eat, when they eat them and how much they consume, as well as identify potentially unhealthy eating habits, such as eating when stressed or not hungry.
- Make small changes to your eating habits, such as eating more slowly, putting your fork down between bites and drinking more water, which can all help to reduce the number of calories people consume.
- Identify ways to incorporate healthy habits into your daily routine, such as taking a walk at lunchtime.
- Set specific but realistic goals for weight-loss and exercise, such as having a salad with dinner and walking for 15 minutes in the evening.
- Once you have lost weight, regular physical activity (60 to 90 minutes of moderate-intensity physical activity per day, on most days of the week) can help keep weight off.



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Weight-loss surgery & medications

For people who are still severely obese after attempting to lose weight through diet and exercise, other treatments, such as bariatric surgery, may be an option.

- **Bariatric surgery** — an operation to make the stomach smaller — is recommended for people with a BMI of 40 or more, or if they have a serious health problem related to their obesity and have a BMI of 35 or more.
- People with a BMI of 30 or more are eligible for an **adjustable gastric band** (one type of bariatric surgery) if they also have at least one serious health problem linked with obesity.
- Other treatment options for obesity include certain prescription and over-the-counter medications that curb appetite, such as orlistat and lorcaserin, but can cause side effects, such as cramping, diarrhea, headaches, dizziness and nausea.
- Weight loss **medication** should be used along with diet and exercise to help people lose weight, and some weight loss medications are only intended for short-term use.