

- Obesity can lead to gestational diabetes (Diabetes during pregnancy). This increases the risk for a primary caesarian and pre term birth in all women

What are the benefits of losing weight?

Even modest decrease in weight will substantially decrease the chances of getting the above and reversing the disease process. If you are taking medication for these problems, you may need a reduced dose.

As obesity declines

- Cholesterol decreases
- Blood pressure decreases
- Diabetes is controlled
- Joint pain reduces
- Lung function & OSA improves
- Functioning of digestive system improves
- Hormonal functions improve
- Fertility improves

How can we manage obesity?

Losing weight and getting fitter means that you have to find a balance between calorie intake and energy input. The right knowledge about diet and lifestyle is necessary for achieving this goal. Modifications in the diet need to be made to reduce the total calories by lowering the intake of highly refined carbohydrates and replacing these with complex carbohydrates and reducing fat intake. Specific behaviours conducive to overeating and or under-activity need to be identified and corrected. Since each individual's constitution is different, for a successful weight loss program, modifications in diet, physical activity and behaviour need to be done on an individual basis.

How VLCC can help you lose weight?

VLCC with its team of qualified professionals like doctors, nutritionists, dietitians, psychologists, physiotherapists, nurses and therapists administers a multi disciplinary approach to provide solutions to weight related problems in both men and women. Before the above team of professionals handles the client, a

comprehensive analysis of the individual's body composition, measurements, coexisting medical problems, dietary habits, lifestyle, social and personal situations which lead to weight gain is done. VLCC uses its scientific and holistic approach for offering weight loss to an individual by creating a negative calorie balance. It delivers scientific weight loss through a combination of well balanced diet, passive and active physical activity and healthy behavioural changes. VLCC's care for customers doesn't end with the completion of weight loss program. Intensive counseling sessions at VLCC help bring about permanent changes in lifestyle accompanied with healthy food habits thus preventing regain or recycling of weight.



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OBESITY

VLCC Health Information Series-I



ANTI-OBESITY
NOVEMBER 26 DAY



What is obesity?

Obesity is defined as a condition of abnormal or excessive fat accumulation in adipose tissue, to the extent that health may be impaired. It is a consequence of an energy imbalance where energy intake through the foods we consume is more than the energy utilized through physical activity over a considerable period of time.

Why do people become obese?

The various factors leading to overweight and obesity are :

Dietary Habits: Diet, particularly the level of fat and energy intake is strongly associated with excess body weight. Excess dietary fat is readily stored in fat depots of the body. Excess carbohydrates can also be converted to fat. Overeating, irregular eating habits, nibbling in between meals, eating at night due to insomnia, contribute to high-energy intake and thus obesity. Alcohol intake provides empty calories and contributes to increase in central obesity. Consumption of fast foods that are high in fats and refined carbohydrates and low in fiber often used as regular additions to the diet also contribute to increased energy intake.

Level of physical activity: Increased mechanisation, improved transport & working facilities reduce physical activity and promote sedentary life style and weight gain.

Heredity: There is a high co-relation between obesity in parents and their children. If both parents are of a normal weight only 7% of children will be obese. If one parent is obese, the incidence of obesity in children is 40% and it rises to 80% if both parents are obese.

Psychological factors: There may be a physical connection between depression and obesity. For an individual who is lonely, discontented or depressed, eating can be a solace. Obese people seem to be affected more by taste and appearance of food rather than hunger and satiety. Tension, anxiety, fear may further make a person resort to food for emotional satisfaction.

Environmental and societal influences: Social pressures and official commitments of eating out and attending parties is a common cause of excessive intake of food and energy.

Endocrinal factors: Certain genetic disorders as well as some hormonal problems such as hypothyroidism, insulin resistance, Cushing's syndrome can cause weight gain. The female sex hormones also play a role, as obesity may occur after pregnancy, after removal of ovaries or uterus or at menopause.

Medications: Drugs such as steroids, most oral hypoglycemics, anti-epileptics, non steroidal anti-inflammatory drugs, oral contraceptive pills and some antidepressants may also cause weight gain.

How is obesity measured?

Certain health indicators are used as yardsticks to assess the level of overweight and obesity. Body mass index (BMI) is a simple index of weight for height that is commonly used to classify underweight, overweight and obesity in adults. It is defined as the weight in kilograms divided by the square of the height in meters (kg/m square) eg an adult who weighs 70 kgs and whose height is 1.75 m will have a BMI of 22.9.

WHO classification of adults according to BMI			
Classification	Popular Description	BMI (kg/m ²)	Risk of comorbidities
Underweight	Thin	<18.5	Low
Normal range	Normal	18.5 - 24.9	Average
Overweight		> = 25.0	
Pre-obese	Overweight	25 - 29.9	Increased
Obese Class I	Obese	30.0 - 34.9	Moderate
Obese Class II	Obese	35.0 - 39.9	Severe
Obese Class III	Morbidly Obese	> = 40.0	Very severe

The health risks associated with obesity occur at a lower BMI for Asian Indians. For Asian Indians the provisional recommended BMI cut offs are as follows

Body Mass Index (BMI)	< 23	Normal
Asian Indians	23 – 24,9	Overweight
	>= 25	Obese

These cut offs need to be reviewed with further validation of studies and clinical experience

Waist circumference

The distribution of fat induced by weight gain affects the risks associated with obesity and the kinds of disease that result. In central obesity, fat is concentrated in the abdominal area instead of being distributed evenly all over the body. The fat that collects in this area is most dangerous because it is metabolically active and causes medical complications like diabetes, heart problems and stroke. Waist circumference is an index of intra – abdominal fat distribution and associated risks. The sex specific waist circumference cut offs along with associated relative risk defined by WHO are given below.

Risk of metabolic complications	Waist Circumference (cm)	
	Men	Women
Increased	> = 94	> = 80

Since Asian/Indians have a characteristic obesity phenotype, with relatively lower BMI but with central obesity the waist circumference values suggested for Indians are 80 cm for females and 90 cm for males.

What are the health consequences of obesity?

Obesity is more than a cosmetic problem. It is a major health hazard. Many diseases are more common in obese and overweight people and you are less likely to develop them if you lose some weight. They include: diabetes, high blood pressure, stroke, heart problems, some types of cancer, arthritis, gout, sciatica, gallstones, menstrual problems, infertility, breathing problems, some complications of pregnancy, skin disorders, sleep disorders like obstructive sleep apnea, poor psycho-social functioning and depression.

Do you know?

- An increase in BMI by 1 can increase your chances of getting diabetes by upto 20 times