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## Health consequences and management of overweight and obesity

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Obesity is a complex, multi-factorial disease that is becoming increasingly common among adults and children worldwide. Once considered a problem only in developed countries, overweight and obesity are now dramatically on the rise in the developing countries as well, particularly in urban settings. This is a particular concern for health professionals because according to recent NIH study, obese individuals have 50 to 100% increased risk of premature death from all causes compared to normal weight individuals. The National Heart Lungs and Blood Institutes (NHLBI) clinical guideline on the identification, evaluation and treatment of overweight and obesity in adults states that next to smoking, obesity is the second leading cause of preventable death in the world specially in the US today. Obese individuals have a second increased risk of diabetes, coronary heart disease, hyperlipidemia, hypertension, stroke, gallbladder disease, sleep apnea, osteoarthritis, respiratory problems and certain types of cancers (endometrial, breast, prostate and colon), all of which increase the risk of mortality. The life expectancy of a moderately obese person could be shortened by 2 to 5 years while the life expectancy of a morbidly obese man with a BMI greater than 40 kg/m<sup>2</sup> is likely to be reduced by almost 13 years. The WHO predicts that death from diabetes complications will increase 50% worldwide in the United States. A report from the non-profit business group conference board suggests that obesity is costing the United States business \$45 million annually in medical expenses and lost productivity. The NH estimates total costs for obesity treatment to be approximately \$17 million. There is strong evidence that a modest weight loss of 10% will result in a reduction of blood pressure, fasting glucose and lipid levels. Treatment should be aggressive for obese individuals who have three or more of the following risk factors: cigarette smoking, hypertension, high LDL-cholesterol levels, low HDL cholesterol levels, elevated fasting glucose levels and lipids levels, low HDL cholesterol levels, elevated fasting glucose levels and family history of coronary heart disease and age over 45 to 55 years for men and women, respectively. The best way to prevent obesity is to change the setting of eating habits plus a daily routine by adding small changes in your life like using stairs instead of an elevator, drinking a lot of water, shifting to organic food, exposure to sunlight and 30 minutes of exercise. If you are a less motivated person and at the same time you want to escape yourself from obesity, then go through this link. Always think about the result you will get after such struggle and hard work.

### Biography

Ayesha Mushtaq is a Dietitian and Counselor and has spent 2.5 years at Gym names AYMZ to serve the community about the diet and nutrition. She has completed her MPhil. She has worked as an ambassador in WWF Pakistan and had the best ambassador award in an event named Tech Quest organized by the American Society of mechanical engineering. Her current research is on Obesity and the effect of flaxseed on reduction and moringa leaves effects on hair growth.

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