

OBESITY

The aim of study was to investigate the causes of obesity, its impact on human health and to determine the ways of obesity prevention.

Obesity is abnormal or excessive fat accumulation that may impair health. Over 1.4 billion adults ages 20 and older are overweight in the world: 200 million are men and 300 million are women, 65% of the world's population live in countries where obesity kills more people than underweight. Low and Middle class people are more likely to be obese than rich people. There are more women than men who are obese. While there are more than 40 million under the age of 5 obese as well. [5,c.6].

When you're obese, your overall quality of life may be lower, too. You may not be able to do things you'd normally enjoy as easily as you'd like. You may have trouble participating in family activities. You may avoid public places. You may even have discrimination. [2,c.19].

Other weight-related issues that may affect your quality of life include:

depression, disability, physical discomfort, sexual problems, shame, social isolation.

In 1997, the World Health Organization proposed a classification of degrees of obesity, based on the definition of the index - body mass index (BMI) for people aged 18 to 65 years. [6].

BMI is calculated using the formula: weight in kg / height in meters squared. For BMI, the following options for body weight and the risk of associated complications are distinguished: BMI <18.5 (low) - indicates a shortage of body weight and an increased risk of developing other pathologies; BMI from 18.5 to 24.9 (normal) - corresponds to body weight in normal conditions. With such a BMI, the lowest morbidity and mortality rates are observed; BMI from 25.0 to 29.9 (increased) - indicates overweight or pre-fattening. BMI from 30.0 to 34.9 (high) - corresponds to the I degree of obesity; BMI from 35.0 to 39.9 (very high) - corresponds to grade II obesity; BMI of 40 or more (excessively high) - indicates obesity III and IV degree.

The following types of obesity are distinguished by the preferential localization of fat deposits on the body: abdominal (upper or android) - excessive deposition of adipose tissue in the upper half of the body and abdomen (the shape resembles an apple in shape). It develops more often in men and is most dangerous for health, because it is associated with the risk of arterial hypertension, diabetes mellitus, stroke and heart attack.

femoral-buttock (lower) - the predominant deposition of adipose tissue in the thighs and buttocks (the shape resembles a pear). It is more common in women and is accompanied by disfunction of the joints, spine, venous insufficiency. intermediate (mixed) - a uniform distribution of body fat over the body.

Patients with I and II degrees of obesity may not show special complaints, with more pronounced obesity, drowsiness, weakness, sweating, irritability, nervousness,

shortness of breath, nausea, constipation, peripheral edema, pain in the spine and joints are noted.

Patients with obesity III-IV degree develop disorders of the cardiovascular, respiratory, and digestive systems. Objectively detected hypertension, tachycardia, deaf heart tone. High standing of the dome of the diaphragm leads to the development of respiratory failure and chronic pulmonary heart. There is fatty infiltration of the liver parenchyma, chronic cholecystitis and pancreatitis. There are pains in the spine, symptoms of arthrosis of the ankle and knee joints. Often, obesity is accompanied by violations of the menstrual cycle, up to the development of amenorrhea. Increased sweating causes the development of skin diseases (eczema, pyoderma, furunculosis), the appearance of acne, stretch marks on the abdomen, thighs, shoulders, hyperpigmentation of the elbows, neck, places of increased friction. [4,c.27].

Obesity is diagnosed when an individual's body mass index (BMI) is 30 or higher. Although there are genetic and hormonal influences on body weight, obesity occurs when you take in more calories than you burn through exercise and normal daily activities. Obesity usually results from a combination of causes and contributing factors, including:

Inactivity. If you're not very active, you don't burn as many calories. With a sedentary lifestyle, you can easily take in more calories every day than you use through exercise and normal daily activities.

Unhealthy diet and eating habits. If you have a diet that's high in calories, eat fast food, skip breakfast, eat most of your calories at night, drink high-calorie beverages and eat oversized portions all may have problems with your weight. [3,c.45].

Pregnancy. During pregnancy, a woman's weight necessarily increases. Some women find this weight difficult to lose after the baby is born. This weight gain may contribute to the development of obesity in women.

Lack of sleep. Getting less than seven hours of sleep a night can cause changes in hormones that increase your appetite. You may also want foods high in calories and carbohydrates, which can contribute to weight gain.

Certain medications. Some medications can lead to weight gain. These medications include some antidepressants, anti-seizure medications, diabetes medications, antipsychotic medications, steroids and beta blockers.

Medical problems. Obesity can sometimes be traced to a medical cause, such as Prader-Willi syndrome, Cushing's syndrome, polycystic ovary syndrome, and other diseases and conditions. Some medical problems, such as arthritis, can lead to decreased activity, which may result in weight gain. A low metabolism is unlikely to cause obesity, as is having low thyroid function.

Obesity is more than just a cosmetic concern. If you're obese, you're more likely to develop a number of potentially serious health problems, including: high cholesterol and triglycerides, type 2 diabetes, high blood pressure, metabolic syndrome — a combination of high blood sugar, high blood pressure, high triglycerides and high cholesterol; heart disease, stroke, cancer, including cancer of the uterus, cervix, ovaries, breast, colon, rectum and prostate; sleep apnea, a potentially serious sleep disorder in which breathing repeatedly stops and starts; depression, gallbladder disease, gynecologic problems, such as infertility and irregular periods, osteoarthritis, skin problems, such as poor wound healing. [1,c.21].

If you think you may be obese, and especially if you're concerned about weight-related health problems, see your doctor. You and your doctor can evaluate your health risks and discuss your weight-loss options.

For the prevention of obesity, a person with a normal weight is enough to spend calories and energy as much as he gets them during the day. With a hereditary predisposition to obesity, at the age after 40 years, people should reduce the consumption of carbohydrates, fats, and increase in their diet food rich in proteins and plant foods. In some cases, prescription medications or weight-loss surgery may be options.

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