

**OBESITY AND PREVENTIVE MEASURES****Ms. Maddikera Chinnadevi\* | Dr. Venu Lata Saxena\*\****\* Research Scholar in Himalayan University, Itanagar in Arunachal Pradesh, India.**\*\* Research Supervisor in Himalayan University, Itanagar in Arunachal Pradesh, India.***ABSTRACT**

*Obesity in adolescents is a growing global epidemic that requires attention due to the burden placed on the healthcare system for children and adults. Consumption of fatty foods and a high sugar diet, as well as tobacco smoking, and no exercise qualify as the main reasons for obesity among children and adults. Pediatric obesity affects all the organs in the body and has an increasing prevalence in young diabetic children. Childhood obesity is connected with an increased risk of various diseases such as diabetes, cardiovascular, stroke, certain types of cancer later in life, social problems and depression among youth. To prevent obesity in adolescent's nutrition and exercises are more important.*

**Key Words:** *Obesity, adolescents, preventivemeasures.*

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**INTRODUCTION**

Obesity may be a chronic disease which has spread all over the world and threatens health of public globally. Its commonest cause of unhealthy diet often combined with lack of physical activity and is characterized by an excess of body fat or adiposity. It's most often defined by the body mass index (BMI) and therefore the use of body mass index for the age to define being overweight and obese in children and adolescents are well established for both clinical and public health applications. **(Vaijayanthimala, M., & Jaikumar, M. 2019)**

**Preventive Measures:** Nutrition, Physical exercise, sleep and rest

**Nutrition:**

The adolescent may require 60-80 kcal per kilogram of body weight per day, that is 2700 to 3600 kcal for a 100-pound teenager. Boys need more kcal than girls. A 15-year-old girl requires 2100 kcal, whereas a 15-year-old boy requires 3000 kcal. Adolescent females require approximately 2200 calories/day, whereas male adolescents require 2500-3000 calories/day.

Eating three regular meals a day with some snacks will help you meet your nutrition needs. Skipping meals means you will miss out on vitamins, minerals and carbohydrates, which can leave you lacking energy or finding it hard to concentrate.

Breads, grains and cereals are carbohydrates that provide energy for your brain and muscles. They're also an excellent source of fiber and B vitamins. Without enough carbohydrates you may feel tired and run down. Try to include some carbohydrates at each mealtime.

Fruit and vegetables have lots of vitamins and minerals which help boost your immune system and keep you from getting sick. They're also very important for healthy skin and eyes. It's recommended to eat two serves of fruit and five serves of vegetables a day. Meat, chicken, fish, eggs, nuts and legumes (e.g., beans and lentils) are good sources of iron and protein. Iron is needed to make red blood cells, which carry oxygen. It is better not to drink flavored waters or sports drinks because they can lead to more weight gain needs, for example, Soda, Sprite, Maaza Etc.

**Follow traffic light diet****traffic light diet.**

- **Green – GO:** includes food which are low in calories and can be eaten without any restrictions.
- **Yellow – CAUTION:** food items with moderate high calorie content and can be eaten only in moderation.
- **Red – STOP:** high calorie food items which should be avoided or eaten rarely.

**Specific strategies to modify eating habits they include:**

- Identify current eating patterns and behaviors by keeping a food diary to look for areas to change. Record everything eaten, including where, when, and associated activities.
- Change eating patterns
- Choose sugar free beverages or low-fat milk only.
- Limit fast food consumption to no more than once a week.
- Do not skip meals.
- Eat three meals and one or two snacks per day.
- Try the plate method: one half plate of vegetables, one fourth plate of lean meat, one fourth plate of starch of starchy vegetables (potatoes, peas).
- Take second helpings of fruits and vegetables (not potatoes)
- Avoid low fat foods (these are high in sugar)
- Use whole grain breads, cereals and pastas
- Pack your lunch for school
- Buy healthy foods for snacking

**Foods should be restricted or avoided:**

- High fat foods like butter, processed cheese, chocolates, cream, ice-cream, fatty meats, fried foods like samosa, poories, potato chips, nuts, pastries, etc.
- High carbohydrate foods such as bread, cakes, cookies, dried fruits, rich pulao's, potatoes, sweet potatoes, honey, jams and rich puddings
- Carbonated and malted beverages, alcoholic drinks and sweetened fruit juices.

**Foods to be suggested to reduce weight:**

- Low calorie, high fiber, high protein diet
- Low fat, low sugar and refined carbohydrate
- Use lean meat
- Have three meals a day
- Vegetable soups, salad, plain lassi and lemon water are recommended to be taken.
- Salad of carrot, radish, cabbage, tomato, kakri, kheera and onion should be consumed in sufficient quantity.

**Physical Activity and Behavior Therapy:**

Physical activity is the key component for prevention and management of obesity. Regular physical activity is incorporated in to weight reduction program. Any form of increased physical activity is beneficial. Adolescents require at least 60 minutes of daily physical activity out of which 30 minutes should be structured activities like sports and supervised exercises.

The best-established counseling techniques used for pediatric obesity treatment is to use a behavioral change model.

- Self-monitoring of target behaviors (logs of food, activity, or other behaviors recorded by patient or family).
- An adolescent should identify contributors to eating behaviors, such as the meal-time environment, boredom, and level of hunger. (e.g., removing some categories of food from the house or removing a television from the bedroom).
- In addition to discouraging sedentary time (television use for more than 2 hours). It is
- recommended that television viewing and other "screen time" (other than homework) is restricted to less than 2 hours daily.

The following recommendations are made in keeping with the American Academy of Pediatrics policy statement.

- No television set in child's bedroom
- No television viewing during meals
- Maximum time for television and media viewing of 2 hours.

**Rest and Sleep:**

More recent studies assessed the association between sleep duration and overweight and obesity. However, an increase in sleep duration was consistently found to be associated with lower body fat. Greater sleep duration was associated with decreased waist circumference in boys 7-16 years old. Children who slept 11 hours or more each night, there was no increased risk for obesity. For children sleeping less than 9 hours or 9-10 hours per night was an increased risk for obesity.

Most recent National Sleep Foundation guidelines in the U.S. which recommends that school aged children (6-13 years) between 9 and 11 hours. Teenagers (14-17 years) are advised to get 8-10 hours. Lack of sleep leads to obesity in children and adolescents.

**Conclusion:**

Since childhood obesity is a major health problem, it is essential that all health professionals, working in hospitals and community health care, are involved in health promotion and health education strategies with families. Nurses, along with all members of the multidisciplinary team, must recognize the scale of childhood obesity and, in their daily practice, help children and families deal with the problem. In addition to the interventions discussed in this paper, broader preventative strategies, in the school setting, community, physical environment and society, are needed to prevent and reduce obesity in childhood.

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