

Obesity a Fast-Growing Demon in the World

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Malnutrition is a public health issue for both adults and children. The term malnutrition covers the both under-nutrition and over-nutrition. Overweight and obesity is defined as excessive accumulation of fat (adipose tissues) in the body which results in impair health on an individual. The obesity and overweight figures are alarming around the world especially in developed countries. According to World Health Organization (WHO) the obesity trends nearly tripled since 1975, 2 billion adults are overweight and approximately 650 million are considered as obese. 39 million children under the age of 5 were overweight or obese in 2020. Over 340 million children and adolescents aged 5 - 19 were overweight or obese. If current trends linger, it is expected that 2.7 billion of adults will be overweight, over 1 billion affected from obesity, and moreover 177 million adults severely affected by obesity by 2025. Obesity is the major risk factor for non-communicable diseases (NCD's) for example cardiovascular diseases predominantly stroke and hypertension, diabetes mellitus, breathing difficulties, increased risks of fractures, insulin resistance, psychological effects, musculoskeletal degenerative disorders, certain types of cancers like endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon cancer. The underdeveloped countries face the double burden of malnutrition these countries dealt with underweight and infectious diseases on the other hand they are experiencing the obesity and non-communicable diseases. This double burden of disease causes great burden on health system, economic growth and individual's health and its performance. The change is required on personal and industrial level. Industries play a significant role in endorsing healthy diets by reducing sugar, fat and salt content. Restricting marketing of unhealthy foods. The need of the time is to reduce the risk of malnutrition (under-nutrition and over-nutrition). The obesity and its related non-communicable diseases are largely preventable.

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