How to Reduce Obesity

Hirdyesh Kumar Singh
Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. People are considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight in kilograms by the square of the person's height in metres, exceeds 30 kg/m2.

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness.

Obesity can harm your health. Reduce your Weight by a Natural Way: 10 Effective Home Remedies for Losing Weight

1) Fruits and Green vegetables are low calorie foods, so over weight persons should use these more frequently.

2) Avoid salt. Salt may be a factor for increasing the Blood Pressure & body weight.

3) Avoid Milk products like cheese, butter should be avoided because these are rich in fat. Trans fats may still stack like saturated fats, and are not as susceptible to metabolism as other fats. Trans fats may significantly increase the risk of coronary heart disease, as analyzed by Mozaffarian D, Katan MB, Ascherio A, Stampfer MJ, Willett WC (13 April 2006). "Trans Fatty Acids and Cardiovascular Disease". New England Journal of Medicine 354 (15): 1601-1613. So we can say, Meat and non-vegetarian foods should be avoided.

4) Garam Masala (Hot Spices) like dry ginger, cinnamon, black pepper etc. are good for losing weight and can be used in a number of ways.

5) Vegetables like bitter gourd (Karela), and bitter variety of drumstick are useful for losing weight.

6) Taking of honey is an excellent home remedy for obesity. It mobilizes the extra deposited fat in the body and puts it into circulation, which is utilized as energy for normal functions. One should start with small quantity of about 10 Gms or a tablespoonful to be taken with hot water. It is good to take it in early morning. A teaspoonful of fresh lemon juice may also be added.

7) Cabbage is considered to be an effective remedy for losing weight. This vegetable inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction. It can be taken raw or cooked.

8) Exercise is an important part of weight reduction plan. It helps to use up calories stored in body as fat. In addition, it also relieves tension and tones up the muscles of the body. Walking is the best exercise to begin with and may be followed by running, swimming, rowing.

9) Measure the portions of your food every meal and make sure that the portions are small. For example one portion of rice should not be more than the quantity which can fit in your fist. Smaller meals at a regular interval of 4 to 5 hours will keep your metabolism high and prevent your body from converting the food you intake into fat. You must also include regular exercise in your daily routine to help enhance weight reduction.

10) Lime juice is excellent for weight reduction. Juice of a lime mixed in a glass of warm water and sweetened with honey should be taken every morning on an empty stomach.

- Hirdyesh Kumar

Singh, Hirdyesh Kumar
Figure 2: Prevalence of obesity among boys aged 12–19 years, by race and ethnicity: United States, 1988–1994 and 2009–2010


NOTE: Obesity is body mass index greater than or equal to the 95th percentile of the sex- and age-specific 2000 CDC growth charts.

Overweight People in the U.S.

- Age 6–11 years
  - 1976–1980: 7% (red), 5% (blue)
  - 1988–1994: 11% (red), 11% (blue)
  - 1999–2002: 16% (red), 16% (blue)

- Age 12–19 years
  - 1976–1980: 47% (blue)
  - 1988–1994: 56% (blue)
  - 1999–2002: 65% (blue)

Source: CDC National Center for Health Statistics
Physiological Impact of Obesity

- Pulmonary disease
  - abnormal function
  - obstructive sleep apnea
  - hypoventilation syndrome

- Nonalcoholic fatty liver disease
  - steatosis
  - steatohepatitis
  - cirrhosis

- Gall bladder disease

- Gynecologic abnormalities
  - abnormal menses
  - infertility
  - polycystic ovarian syndrome

- Osteoarthritis

- Skin

- Gout

- Idiopathic intracranial hypertension

- Stroke

- Cataracts

- Coronary heart disease
  - Diabetes
  - Dyslipidemia
  - Hypertension

- Severe pancreatitis

- Cancer
  - breast, uterus, cervix
  - colon, esophagus, pancreas
  - kidney, prostate

- Phlebitis
  - venous stasis
Overweight People in the U.S.

Source: CDC National Center for Health Statistics
Obesity rates in selected countries
2009* % of adults with BMI† of 30 or over

Source: OECD

*Or latest year available  †Body mass index
Causes of Obesity

There's usually not just one cause of obesity. Multiple factors may interact and contribute to the condition.

- **Eating** more calories than the body requires
- **Pregnancy** difficulty losing weight after childbirth
- **Environment** demanding work schedule, easy access to inexpensive high-calorie processed food, high cost of gym membership
- **Emotional or psychological factors** such as stress, depression or low self-esteem
- **Certain medical conditions** such as polycystic ovary syndrome, a hormonal disorder
- **Lack of sleep** imbalance of hormones that control appetite
- **Genes and family history** families share diet and lifestyle habits
- **Medications** such as some antidepressants
- **Lack of exercise**
Q: What is the current state of obesity in America?

Who is obese?

- Total: 26 million
- Female: 34.7 million

Breakdown of obesity by race:

- Caucasian: 67.4%
- African American: 60.7%
- Mexican American: 74.9%
- Female: 71.9%

1,600,000,000 people globally are overweight.

2008 AGES 2-5

- 7% OVERWEIGHT
- 5% OBESITY

2008 AGES 2-5

- 10.4% OVERWEIGHT
- 10% OBESITY

2009 AGES 6-11

- 6.5% OVERWEIGHT
- 6.5% OBESITY

2009 AGES 6-11

- 19.6% OVERWEIGHT
- 19.6% OBESITY

2002 AGES 6-11

- 5% OVERWEIGHT
- 5% OBESITY

2002 AGES 6-11

- 18.2% OVERWEIGHT
- 18.2% OBESITY

The most obese county in Mississippi was also the poorest.

Childhood obesity:

8 out of 10 children who are overweight at age 10-14 will be obese as adults.

Effects of obesity:

- 39% of people with hypertension are obese.
- 14% of people with cancer have an obesity-related form.
- 46% of people with Type 2 Diabetes are obese.

Obesity can lead to:

- Liver and gallbladder disease
- Sleep apnea
- Osteoarthritis
- Type 2 Diabetes
- Heart disease
- Hypertension

What is obesity really costing this country?

- 117,898,666,989 dollars
- Lost productivity: 3.9 billion
- Care for obesity: 26 billion
- Cost of obesity: 61 billion

Thank you, come again!
Happy Independence Day

I give my hearty wishes to the Tecnia family on the occasion of 67th Independence Day. I welcome all the students in their new academic year who are witnessing social, economic and political changes in the age of information and communication. I wish all the best to students who have passed out this year and going to explore the new world of professionalism. Students of our Management, IT and Mass Communication programs will have to be equipped with essential intellectual skills, core concepts and well versed with practical applications in their chosen fields to survive in this world of Global Information Technology. I am sure that the unique blend of talent and professionalism of our students will be an asset for the growth of our organization.

It makes me happy on this occasion that all the faculty and staff members have continued to give their best to make Tecnia as a center of excellence. Let us cooperate for better performance. I appreciate all the colleges of Tecnia Group for their good working. I want to congratulate the Placement Department in giving assistance to the students in their training and placements. I also want to give special thanks to Examination Department for conducting various examinations successfully.

Once again wish the entire faculty, staff members and their families all the best on the special day of 15th August.

OVER the time, meaning of the word Independence / Freedom has changed significantly. Before 15th of August 1947, it had only one meaning for Indians, that was getting freedom from the British Rule. After 1947, it had its relevance only in celebrating the day, keeping in mind the reminiscences of the past. But for the younger generation, who were born after 1947, specially those who are in their twenties, the meaning has changed completely and the earlier meanings have virtually no relevance, into them. They should realize the sacrifices of great Indians for getting freedom. Let us take a pledge to root out all the evils from the society.

My best wishes are with you, you just need to make a beginning with congratulation on Independence Day.

- Dr. A. K. Rathore, Director, TIAS

Dear students, Heartiest congratulations on 67th Independence Day of our country. It is an occasion to celebrate and rejoice as we do on our birthday. We are proud that we are the citizens of this great country that has a very glorious past and a very rich civilization. After independence, over a period of six decades, our country has made remarkable progress in almost all the fields of human activity. We have established ourselves as a strong democracy. India is now a very fast continued on page 2......