

## Obesity in Youth

Farwa Ghulam<sup>1</sup>, Mehwash Kashif<sup>2</sup>, Sakina Quaid Johar<sup>3</sup>

Dear Sir,

Through your admired journal we are writing to convey our consolidation regarding the ruinous universal public health issue of obesity in the young generation of our society.

Are we playing salient role in community and are the concerned authorities participating to succor with the widespread occurrence of this condition?

Obesity is one of the principal evils in community across the globe and is one of the major perils to our health. A person is obese when he or she has excess body fat such as a child having a BMI of at or above 85 percentile is considered overweight, while BMI greater than or equal to 95 percentile is considered as obesity<sup>1</sup>. Its prevalence has increased at an alarming rate. Globally, according to CDC, in 2015-2016, the prevalence of obesity was 39.8% in adults and 18.5% in youth<sup>2</sup>. The prevalence of obesity was higher among middle-aged adults (42.8%) than among younger adults (35.7%)<sup>3</sup>.

Chiefly, the youngsters today are likely to be the first one to have a shorter life span and spend unhealthy lives than their progenitors. The main cause behind the rising level of obesity in youth are shifting in diet towards increase intake of energy dense food that are high in fat and sugars but low in vitamins, minerals and other healthy stuff and a trend towards decrease level of physical undertakings. Besides this other factors which may also play a salient role includes behavior, social and individual psychology, environmental factors and how our body change food and oxygen into energy<sup>4</sup>. Obesity may have deleterious chronic impact on physical health and problems of joints, asthma, diabetes, heart disease, cancer, gout, gall bladder

disease and gall stones, and liver disease can occur<sup>5</sup>.

To overcome this problem we have to also work on an individual basis and combined efforts are also needed with the aid of government and public health organizations. Individually, we can play our respective roles at different levels such as ourselves, children, our students and community. We must encourage people to avoid consumption of unhealthy food and soft drinks. The intake of fresh fruits and vegetables must be promoted. There is a need to increase walk, physical and supplementary activities. The government should also provide synchronize leadership for prevention of obesity in youth. National objectives and priorities on interstate and national health issues should be established. This task can be fulfilled by implementing health awareness programs, development and implication of policies, ensure high quality services for the protection of public health. In conclusion obesity in youth is a concealed predicament gradually rising in our society which should be spoken to all echelon.

### References

1. Yan J, Liu L, Zhu Y, Huang G, Wang PP. The association between breastfeeding and childhood obesity: a meta-analysis [online]. BMC public health. 2014 Dec; 14:1267. Available from <http://www.who.int/dietphysicalactivity/childhood/en/>
2. Kopelman, Peter G (2005). Clinical obesity in adults and children: In Adults and Children. Blackwell Publishing. p. 493. ISBN 978-1-4051-1672-5. [https://en.m.wikipedia.org/wiki/Childhood\\_obesity](https://en.m.wikipedia.org/wiki/Childhood_obesity).
3. Prevalence of Obesity Among Adults and Youth - CDC. <https://www.cdc.gov/nchs/products/databriefs/db288.htm>.
4. Barlow SE and the Expert Committee. . Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics 2007;120 Supplement December 2007:S164-S192. <https://www.cdc.gov/obesity/childhood/defining.html>.
5. Shah NH, Patel SM, Satia MH, Thakkar FA. Mathematical Model of Infertility Due to Obesity in Female. Journal of New Theory. 2018(25):38-49.<http://www.medbroadcast.com/condition/getcondition/obesity>.

<sup>1,3</sup> Final Year BDS Student, Karachi Medical & Dental College

<sup>2</sup> Department of Oral Pathology, Karachi Medical and Dental College

**Correspondence: Dr. Mehwash Kashif**  
**Department of Oral Pathology,**  
**Karachi Medical and Dental College**  
**Email: mehwashkashif@gmail.com**  
**Date of Submission: 21<sup>st</sup> December 2018**  
**Date of Acceptance: 21<sup>st</sup> January 2019**