

INTERNATIONAL JOURNAL OF LAW MANAGEMENT & HUMANITIES

[ISSN 2581-5369]

Volume 7 | Issue 6

2024

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The Global Obesity Crisis

AKRITI SINGH¹

ABSTRACT

Obesity or overweight is a serious health issue and a major cause that leads to many life-threatening disease. Obesity weakens our psychological conditions and leads to underconfident. Obesity has been rising for last few years at global level. It has been observed from various research and surveys that overweighted people usually have weak immunity against disease, generally fall ill easily than a normal person. From 1990 to 2022, the percentage of children and adolescents aged 5–19 years living with obesity increased four-fold from 2% to 8% globally, while the percentage of adults 18 years of age and older living with obesity more than doubled from 7% to 16%. The main objective of this research is to elaborate the impacts of obesity and how to resolve this global crisis. We need to resolve this crisis as a community only then we can reduce its rate by 2030. The International Conference on Obesity (ICO) was established in 1974 and its main aim to control the obesity at global level and spread awareness at large scale.

Keywords: *Global crisis, effects of obesity, mental health, body shaming, anxiety, drugs, health issues, meditation, exercise, stress reduction.*

I. INTRODUCTION

Obesity is one of the major ongoing crisis at global level. In India, the rate of obesity is only 7.21%, in US 42% and Tonga having highest percentage of obesity rate of 70% among adults.

Obesity is a non age issue. Any person of any age can be suffering from obesity. Overweight people have a body mass index (BMI) of 25 or higher, whereas obese people have a BMI of 30 or higher. Higher-than-optimal BMI was expected to be the cause of 5 million noncommunicable disease (NCD) deaths in 2019. The number of people aged 18 and over who are obese more than doubled from 7% to 16% between 1990 and 2022, while the percentage of children and adolescents aged 5 to 19 who are obese quadrupled from 2% to 8% worldwide.

An excessive quantity of body fat is the hallmark of obesity, a complicated and multidimensional medical condition that can have a detrimental effect on a person's health and general well-being. It is usually determined by dividing the individual's weight (in kilograms) by the square of their height (in meters), which yields the body mass index (BMI). We can

¹ Author is a student at Amity Law School, Amity University, India.

define obesity if one person has weight gain, Increased body fat, difficulty losing weight, fatigue, joint pain, shortness of breath, decreased mobility, low self-esteem.

The effects of obesity on people, communities, and society are numerous and extensive. Some of its effects on a person's physical condition are such as Cardiovascular conditions (stroke, heart disease) , Diabetes , Some malignancies (pancreatic, kidney, colon, and breast), Joint issues and osteoarthritis, Respiratory problems and sleep apnea , Digestive issues (liver illness, gallstones), A higher chance of infections (urinary tract, pneumonia), Less mobility and a worse standard of living. Obesity does not only affect our physical condition, it also impact on our mental state. It leads to anxiety and sadness poor self-esteem and problems with body image, eating disorders, such as bulimia and binge eating, social exclusion and disgrace and Reduced cognitive function and cognitive impairment.

Obesity also effects one's economical condition. They give rise to problems such as rising healthcare expenses (drugs, medical bills), reduced output and absenteeism, fewer economic prospects (less education, less work), a heavier workload for healthcare systems. The estimated yearly costs are \$1.9 trillion (EU) and \$2.1 trillion (USA). It has introduced elements like social disapproval and prejudice, less social interaction and social exclusion, effect on romantic, familial, and friendship ties, limited opportunities for employment and education and a lower standard of living and wellbeing in our society which is making our society shallow. Children and teenagers are more likely to develop metabolic syndrome and adult obesity. Women who are pregnant face difficulties during delivery, preeclampsia, and gestational diabetes. Older persons are more likely to experience cognitive decline, disability, and frailty. Obesity and associated health problems disproportionately affect minority communities.

The reasons of obesity are numerous and the disorder itself is complicated. The following are some of the primary causes of obesity. Obesity is significantly influenced by genetic susceptibility. Obesity is more common in some ethnic groups. A few genetic mutations impact metabolism, hunger, and satiety.

Environmental Considerations that cause obesity are eating and drinking foods and beverages that are heavy in calories, fat, and sugar, too much screen time and inactivity, less physical activity and easier access to processed foods. Obesity rates are frequently higher among those with lower socioeconomic level.

Obesity leads to many health issues hypothyroidism (the thyroid gland's underactivity slows down metabolism), Cushing's syndrome (weight gain is caused by a hormonal imbalance), polycystic ovarian syndrome (weight control is impacted by hormonal imbalance), Type 2

diabetes is preceded by insulin resistance. Sleep disturbances lead to increased appetite and weight gain.

Sometimes medications can also be the cause of overweight. Steroids causes excessive weight gain from prolonged use. Antidepressants make you eat more and gain weight. Birth control pills might be impacted by hormonal changes. Antipsychotics is a drug that makes you eat more and gain weight.

Overweight is complex problem tormenting one's mental health. Overweight led to lack of confidence and shame. People have usually a hobby of laughing on others problem and complex to make themselves feel better. Body shaming is nowadays a serious disease which destroys overweighted persons mental peace and emotional calm. People who are not strong enough struggle due to their obesity and sometimes they try to end their lives. People who are strong, they just shallow their pride.

People with obesity needs to overcome from this health issue and people who are surrounded by obesity patient needs to give them support and care to overcome and lead a healthy life. A complex strategy involving individuals, communities, organizations, and governments is needed to reduce obesity. The following tactics can aid in the decrease of obesity. Adopt healthy eating practices by emphasizing lean proteins, whole grains, fruits, and vegetables. Try to get 150 minutes of moderate-intensity exercise per week. Mindful eating and portion control. Stress-reduction methods like yoga and meditation. Get seven to nine hours of sleep every night. Cut back on screen time and other sedentary activities. Encourage the availability of healthy food options by expanding access to farmers' markets and wholesome eateries. Establish safe areas for exercise, such as bike lanes, walking trails, and parks. Community-based initiatives like cooking lessons, exercise classes. Social support systems: Support groups for people with obesity. Campaigns for public education like social media, billboards. The rising prevalence of obesity necessitates continued research, education, and policy efforts to address this complex public health issue. Obesity is a complex, multifaceted, and escalating global health crisis that demands immediate attention and collective action. The alarming rise in obesity rates over the past century has severe consequences for individuals, communities, and societies. Obesity is a shared challenge requiring a unified response. By working together, we can improve health outcomes, reduce healthcare costs, enhance quality of life, promote social equity and create a healthier, more supportive world.

In conclusion, obesity is a growing disease that makes one hallow from inside and stuffed from

outside. The prevalence of obesity has reached epidemic proportions, posing significant risks to individuals, communities, and societies as a whole. Obesity is a pressing public health concern that demands immediate attention and action. By examining the root causes of obesity, including socioeconomic factors, environmental influences, and individual behaviours, we can develop effective strategies to prevent and treat this condition. Ultimately, it is our collective responsibility to take action against obesity and promote a culture of health, wellness, and sustainability.
