

Observe proper diet, sleep and physical activities to prevent obesity—vergeire

BusinessMirror · 17 Nov 2022 · B4 · Claudeth Mocon-ciriaco

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health, the world health Organization (who) said.

According to who, being overweight or obese can have a serious impact on health and that carrying extra fat leads to serious health consequences such as cardiovascular disease (mainly heart disease and stroke), type 2 diabetes, musculoskeletal disorders like osteoarthritis, and some cancers (endometrial, breast and colon). these conditions cause premature death and substantial disability.

what is not widely known, who said, is that the risk of health problems starts when someone is only very slightly overweight, and that the likelihood of problems increases as someone becomes more and more overweight.

Many of these conditions cause longterm suffering for individuals and families. in addition, the costs for the health-care system can be extremely high.

Obesity in Filipino children and adults

Citing studies from Department of Science and technology-food and nutrition research institute (Dost-fnri) and who, Doh-officer-in-charge Undersecretary Maria rosario vergeire said that obesity increased in adults and children during the pandemic.

vergeire said that inactivity, ordering and eating unhealthy food due to lockdowns are the some of the reasons why the number of obese increased.

“not just from DOST, even reports from the who [world health Organization] for the past two years of the pandemic, that the obesity rate has increased,” vergeire said.

Based on the Dost-fnri’s 2021 expanded national nutrition Survey, the obesity rate among children aged zero to five was at 3.9 percent. Fourteen percent of the children aged five to 10 are considered obese. in the same survey, it showed that 10 percent of adults aged 20 to 59 were obese while aged 60 and above, or 6.2 percent are obese, and 11.8 percent have chronic energy deficiency.

Preventable

vergeire appealed to the public to observe proper diet, have quality sleep, and do physical activities to prevent obesity.

People should also avoid alcoholic beverages and smoking.

Likewise, she called on mothers to monitor the food intake of the children especially on calories, fatty and salty foods, among others.

who said that overweight and obesity are largely preventable.

“the key to success is to achieve an energy balance between calories consumed on one hand, and calories used on the other hand.”

to reach this goal, who added, people can limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fats; increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts; and limit their intake of sugars.

And to increase calories used, people can boost their levels of physical activity to at least 30 minutes of regular, moderate-intensity activity on most days.