



Press Release

Fight potbelly obesity in the up-coming year

Normal weight obesity is a new epidemic of the society

Abdominal obesity is a risk factor for heart attacks and diabetes

New Delhi, Dec 27, 2016: Normal weight obesity is a new epidemic of the society. Most people measure obesity by calculating their BMI. However it has often been noticed that height and weight alone cannot be used to measure obesity.

As per Vedic Medicine, a person can have three personalities – Vata (Deer personality), Pitta (Lion personality) and Kapha (Elephant personality). People with Deer personality may have lower BMI and people with Elephant personality may have high BMI yet they may be defined as normal and not obese.

The current and the correct method for evaluating obesity is the presence of body fat, especially the fat in the tummy and around the abdomen. Any male with an abdominal circumference of more than 90 cm or female with one more than 80 cm can be said to be suffering from abdominal obesity. Abdominal obesity is a risk factor for future heart attack and diabetes.

Speaking about the dangers of pot-belly obesity, **Padma Shri Awardee Dr. K.K Aggarwal, President Heart Care Foundation of India (HCFI) and National President Elect Indian Medical Association (IMA)** said, "People suffering from normal weight obesity have a normal BMI as per their age and height however they have an above normal abdominal circumference. Typically, these are the people who otherwise look normal but have a potbelly. A liver ultrasound in such individuals will show the presence of a fatty liver. It is extremely important that such people seek help from their doctor and make necessary lifestyle changes immediately to avoid developing life-threatening diseases in the future".

Gaining weight is considered normal as long as a person gains height. Once the height stops increasing, the development of one's organs also stops. This normally happens at the age of 16 in girls and 18 in boys. After this age the size of one's liver, spleen or kidney cannot grow. The only thing, which continues to grow, is fat.

Up to 5 kgs of weight gain can occur because of muscle built-up. However after this, weight gain in those above the age of 16 (girls) and 18 (boys) is said to be fat unless proved otherwise. The leading cause for potbelly obesity is a diet rich in refined carbohydrates, which is found in white sugar, white maida (flour) and white rice.

Probably our ancestors knew that being Indian is risk for potbelly obesity, therefore, they had invented the ritual of not eating carbohydrates at least once in a week through the medium of fasting making the condition non existent in those times.

--Ends--



About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact

Heart Care Foundation of India

Sanjeev Khanna-9871079105

Md Adib Ahmed- 9873716235

Email- media.hcfi@gmail.com