An Anti-Obesity Day awareness initiative

Obesity has continuously been undermined as a factor of deteriorating public health in India

*India is the third most obese country in the world with more than 30 million people suffering from moderate to severe obesity*

According to a report, around 11 percent of adolescents and 20 percent of adults are overweight and have a body mass index higher than 25 kg/m² to 30 kg/m²

**New Delhi, 25th November 2016:** Over 30% of the Indian population including children is found to be suffering from Potbelly abdominal obesity. The incidence of metabolic syndrome, characterized by abdominal obesity, high triglyceride, low good cholesterol, high blood pressure and high blood sugar is at an all-time high in the country and continues to rise. The reason for this is the unhealthy lifestyle choices made by the majority of the population including consumption of a diet, which predominantly has high trans fat and sugar levels, long hours spent working in closed spaces with minimal physical exercise and dependence on evils such as alcohol and cigarettes.

In fact, nowadays seeing the surge in preventable deaths annually, obesity is being considered as a new killer disease. It makes the young vulnerable to long-term chronic diseases like cardiovascular issues, diabetes and blood pressure fluctuations. Obesity is not only prevalent in youngsters or adults but is also plaguing the children. Children often become overweight due to innumerable factors like lack of physical activity, unhealthy eating habits, increasing reliance on convenience foods and hormonal issues.

However, weight problems are also linked to medical heredity complications. Thus, if obesity runs in the family, one must ensure that adequate prevention measures are taken to prevent it from becoming a part of their offspring’s life as well.

Speaking about the growing problem, **Padma Shri awardee Dr. K.K Aggarwal, President HCFI and National President Elect IMA said**, “Very few people are aware of the fact that obesity can be prevented and managed if one’s weight and eating habits are monitored properly. As the first step in this direction, all individuals should adopt a healthy eating pattern, which includes cutting down on the consumption of processed and convenience food items, as they boost the deposition of bad cholesterol in the body. A balanced diet should consist of items of all six tastes and all seven colors and associated vitamins and minerals to help condition the human body to...
perform better and build a shield against diseases. Secondly, watching the portion size of each meal is crucial. Eating small portions in regular intervals will help you in balancing the energy intake and output. In addition to this, one should always plan an exercise routine, being physically active helps our body to function flexibly and avoid joint pains and bone fractures.

**Few tips to keep in mind maintain a healthy lifestyle:**

- Follow a healthy eating plan. Make healthy food choices, keep your calorie needs and your family's calorie needs in mind, and focus on the balance of energy IN and energy OUT.
- Focus on portion size. Watch the portion sizes in fast food and other restaurants. The portions often served are enough for two or three people. Cutting back on portion size will help you balance energy IN and energy OUT.
- Be active. Make personal and family time active. Find activities that everyone will enjoy. For example, go for a brisk walk, bike or rollerblade, or train together for a walk or run.
- Reduce screen time. Limit the use of TVs, computers, DVDs, and video games because they limit the time for physical activity. Health experts recommend 2 hours or less a day of screen time that does not work- or homework-related.
- Keep track of your weight, body mass index, and waist circumference. Also, keep track of your children's growth.
- Ensure that your abdominal circumference is lower than 80 cm/90cm (women and men)
- Keep fasting sugar lower than 80 mg% and blood pressure lower than 80 mm Hg.
- Keep heart rate lower than 80 per minute and bad LDL cholesterol lower than 80 mg%.
- Do not consume more than 80 grams of caloric solid or liquid food at once.
- Observe carbohydrate fast 80 days a year.
- Consume at least 80 fruits and vegetables servings in a week.

As they say, you reap what you sow, and hence, to be able to live a disease free lifestyle, one should give up all the addictions this anti-obesity day, which may put them in a danger of suffering from life-threatening diseases in the future.

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**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

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