AGEING AND HEALTH

Obesity & Weight loss in Elderly

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OBESITY:

• INTRODUCTION:

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and increased health problems.
CAUSES

- Insufficient sleep
- Endocrine disruptions, environment pollutants that interfere with lipid metabolism.
- Decreased rates of smoking, because smoking suppresses appetite.
- Increase use of medication that can cause weight gain.
Cont.....

• Epigenetic risk factors passed on gene rationally

• Diet

• Sedentary lifestyle
Cont....

- Don't skip meals – skipping meals is not recommended.
- In fact, if you skip meals you may find you eat more when you do eat and this may lead to a larger stomach capacity.
- Continual cycles of dieting, weight loss and weight gain does not help you to maintain a healthy weight.
- Your body responds to these periods of semi-starvation by lowering its metabolic rate.
A HEALTHIER APPROACH TO FOOD

You can lose body fat by making a few easy changes to your eating habits. It will help you lose body fat if you:

- Eat a wide variety of food from all food groups like wholegrain bread and cereals, vegetables, fruit, milk and dairy and meat, fish or legumes.
Reduction of foods high in fat, sugar and salt

Most adults should eat no more than one or two 'treats' a day. If you are overweight or inactive you may need to limit treats to less than one a day.
Cont…

- Try to balance an “extra” food with extra exercise.
- Cut down on saturated fats and alcohol.
- Try to eat more fresh foods and less processed foods.
A Healthier Approach to Exercise

The best approach to increasing that level of physical activity in your life is to take it slowly.

- Play a sport that you enjoy.
- Walk instead of taking the car on short trips.
- Play more outdoor games.
- Take stairs instead of lifts.
"IF IT TASTES GOOD,

IT'S TRYING TO KILL YOU."
Eat Healthy to Stay Strong & Live Long