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World Summit on OBESITY AND WEIGHT MANAGEMENT

June 27, 2022 | Webinar

Management of obesity in adolescence: Role of diet and lifestyle intervention

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The worldwide prevalence of obesity is of considerable source of concern given its potential impact on morbidity, mortality and cost of health care. The World Health Organization (WHO) has recognized obesity as a predisposing factor to measure chronic diseases ranging from cardiovascular diseases to cancer. Once it is considered a problem only in wealthy countries, WHO estimates overweight and obesity are now dramatically on the rise in low and middle income countries. Obesity is a multifaceted chronic condition with several contributing causes, including biological risk factors, socioeconomic status, health literacy, and numerous environmental influences. The dramatic increase in overweight and obesity among children and adolescents has become a major public health problem. Obesity during adolescence represents a strong predictor of obesity and higher mortality in adulthood and is associated with an increased prevalence of cardio metabolic risk factors. With obesity disproportionately affecting adolescents (ages 12–19 years), negative effects of excess adiposity may be particularly salient during this critical period of development. Obesity and eating disorders (EDs) are both prevalent in teen and adolescents. Most adolescents who develop an ED do not have obesity previously, but some teenagers, in an attempt to lose weight, may develop an ED. Adolescents often do not meet intake recommendations for certain food groups and nutrients, which may contribute to a heightened risk of obesity. Additionally, there is a relationship between obesity and psychosocial health, as adolescents with obesity may have increased levels of stress, depressive symptoms, and reduced resilience. Due to the serious implications of obesity in adolescents, effective treatments are urgently needed. The focus should be on a healthy lifestyle rather than just on weight loss. Lifestyle interventions promote knowledge and self-efficacy for healthful practices that have the potential to progress to sustained behaviour change.

Biography

Sunita Mishra is working as Professor and Dean SHS and Head, Food and Nutrition and HDFS in Babasaheb Bhimrao Ambedkar (Central) University, Lucknow. She has teaching experience of 30 years and Research Experience more than 28 years. Her field of specialization include Food & Nutrition, Development of value added products, Child Nutrition, Community nutrition, Clinical & therapeutic Nutrition, Geriatric Nutrition, Nutrigenomics foods, Nano packaging & Nanotechnology. She acquired a Doctor of Letters (D. Litt) from CCS University, Meerut, and was amongst pioneers from Home Science faculty. She has authored 354 research papers, of these about 263 found mention International Journals and 92 in national journal. She's a published author and written 23 books on Food Science.