

A Study on Health Problems Associated with Body Weight among Women

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Abstract - Being overweight is not just a superficial disadvantage but a health hazard with multiple implications. The odds of having fatness and corpulence correlated with health conditions varied among persons depending on their age, gender, race, and income. Fatness can have an adverse impact on health at each stage of a woman's life cycle. Excess body weight poses one of the most serious public health challenges of the 21st century worldwide. In young women, fatness has an impact on psychosocial health and, as they cultivate older and become parents, on their reproductive health. Plumpness also has a marked impact on life anticipation. Results of the study exposed the fact that overweight and obese respondents faced many health problems when compared to the other two groups of BMI grade respondents.

Keywords - Obesity, overweight, health hazard, BMI

I. INTRODUCTION

We all know that being overweight is now a serious problem. Obesity also has a marked impact on life anticipation. The medical risks allied with obesity in women are also important for their children and future generations. Being overweight and obese may increase the risk of many health problems, including diabetes, heart disease, and certain cancers. If you are pregnant, excess weight may lead to short and long-term health problems for you and your child. The main objectives of this paper, to assess the prevalence of overweight and obesity among women and to estimate the health problems related to the BMI grade of the selected respondents.

The health conditions include the nation's leading causes of death heart sickness, hit, diabetes, and firm cancers, as well as less common ailments such as gout and gallstones. Perhaps even more persuasive is the strong link between excess weight and depression because this common mood disorder can have a profound, negative impact on your daily life. The volunteers provided their height and weight, as well as information on their diets, health routine, and medical histories. Fatness augmented the risk of diabetes 20

times and considerably boosted the risk of increasing high blood pressure, heart sickness, hit, and gallstones. Besides the people who were fat or obese, there was the shortest connection between BMI and hazard the higher the BMI, the higher the probability of syndrome.

Obesity during pregnancy can cause various health problems for a baby, including Macrosomia, Chronic conditions, and Birth defects. Pregnancy is a vulnerable time in terms of nutrition and health for mother and baby. Achieving optimal weight before pregnancy and ahead proper amounts of weight through the pregnancy is recommended to ensure the safe delivery of a healthy baby and for the future health of the child. Body Mass Index is one way to tell whether you are at your usual weight, are overweight, or have fatness. Losing excess weight can make you feel better both physically and emotionally and can help you live a longer, healthier life.

II. MATERIALS AND METHODS

The Body Mass Index is a solitary approach to tell whether you are at your usual weight, are fat, or have fatness. It events your weight in relative to your height and provides a score to help place you in a group:

- Normal weight the BMI is 18.5 to 24.9
- Overweight of the BMI is 25 to 29.9
- Obesity of the BMI is 30 or higher

The formula for Body Mass Index is,

$$\text{BMI} = \text{Mass (kg)}/\text{Height (m}^2\text{)}$$

The total number of respondents was categorized as malnourished, usual, and fat. And overweight based on WHO BMI classification. For example, to calculate the BMI among the women in Karur city,



A. Prevalence of overweight and fatness among women

Table 1. Distribution of respondents based on BMI

Body Mass Index (BMI) grade	Number	Percent (%)
Underweight (< 18.5)	311	10.03
Normal (18.5-24.9)	1644	53.00
Overweight (25.0- 29.9)	792	25.53
Obesity (30 >)	342	11.03
Morbid obesity (40 >)	13	0.42
Total	3102	100.00

The number of emaciated respondents was 311, equivalent to 10 percent of the total trial. As to a large extent as 792 respondents were in the fat sort related to 26 percent of the total sample. Equally, 342 (11%) were fat, and 13 (0.42%) were morbid obesity, signifying that the pervasiveness of fatness among women in Karur city.

B. Health problems associated with bodyweight among the respondents

a) Diabetes – Overweight and obesity are so closely linked to diabetes. This is Type 2 diabetes is a disease in which blood sugar levels are above normal. This is the ordinary majority type of diabetes. Family history and genes play a large role in type 2 diabetes. Other risk factors consist of a low activity level, poor diet, and excess body weight about the waist. About 80 percent of people with type 2 diabetes are overweight or obese. It isn't clear why people who are overweight are more likely to develop this disease. It possibly will be that being fat causes cells to vary, construction them challenging to the hormone insulin. Insulin carries sugar from the blood to the cells, anywhere it is worn for force. When a person is an insulin opposed to, blood sugar cannot be full up by the cells, ensuing in high blood sugar. In accumulation, the cells that construct insulin must work extra hard to try to maintain blood sugar normal. This may cause these cells to fail steadily.

b) Cancer - Some experts believe that fatness ranks as the second leading reason for cancer death after cigarette smoking. Cancer occurs when cells in one part of the body, such as the colon, grow abnormally or out of control. A revise by the American Cancer Society, published in The New England Journal of Medicine, followed more than 900,000 people for 16 years. The revise showed a connection between excess body weight and many different cancers. Some of the findings are among people ages 50 and older, overweight and obesity may account for 14% of all cancer deaths in men and 20% of all cancer deaths in women. In both men and women, higher BMIs were coupled with a higher risk of dying from cancer of the esophagus, colon, and rectum, liver, gallbladder, pancreas, or kidney. In men, excess weight also increased the risk of dying from stomach or prostate cancer. In women, deaths from cancer of the breast, uterus, cervix, or ovary were elevated in women with higher BMIs.

c) Depression – This is one of the reasons for being overweight. At this point are some reasons why gloominess may lead to fatness:

- Important levels of the pressure hormone cortisol may amend substances in fat cells that invent fat accumulation, mostly in the belly, more liable according to one theory.
- People who believe depressed often feel too blue to eat healthy and do exercises repeatedly, creation them more prone to get weight.
- Some medications have worn to pleasure gloominess cause weight gain.

d) Heart Disease – This type of disease reason numerous problems in our heart. The most of problem is when a blood vessel that carries blood to the heart becomes firm and slim. If you have heart disease, you may tolerate a heart attack, heart failure, sudden cardiac death, angina that is chest pain, or abnormal heart rhythm. People who are fat or overweight often have health problems that may increase the risk for heart disease. These health problems consist of high blood pressure, high cholesterol, and high blood sugar. In addition, excess weight may reason changes to your heart that make it work harder to send blood to all the cells in your body.

- A 2007 review in Archives of Internal Medicine examined the correlation between weight and heart disease by pooling results from 21 unusual studies concerning more than 300,000 people. The studies establish being fat boosted the hazard of heart disease by 32% and fatness enlarged the menace by 81%.

e) Stroke - A stroke happens when the flow of blood to a piece of your brain stops, causing brain cells to die. The majority common type of stroke is called an ischemic stroke. It occurs when a blood clot blocks an artery that carries blood to the brain. Another type of stroke is called a hemorrhagic stroke. It happens when a blood vessel in the brain bursts. Fat and stoutness are known to raise blood pressure. High blood pressure is the foremost cause of strokes. Excess weight also increases your probability of upward other problems linked to strokes, counting high cholesterol, high blood sugar, and heart disease.

f) Sleep Apnea - Sleep apnea is a circumstance in which a person has one or more pauses in inhalation during sleep. A person who has sleep apnea may endure daytime lethargy, difficulty focusing, and even heart failure. Fatness is the most vital risk factor for sleep apnea. A person who is overweight may have more fat stored around his or her neck. This may make the airway smaller. A slighter airway can craft inhalation hard or loud, or gasp may stop overall for tiny periods of time. In adding together, fat stored in the neck and all over the body may generate substances that origin irritation. Irritation in the neck is a hazard factor for sleep apnea.

g) Osteoarthritis – This is a well-known health problem that causes soreness and firmness in your joints. Osteoarthritis is frequently allied to aging or to spoil and most often affects the joints of the hands, knees, hips, and lower back. Other weight may place more stress on joints and cartilage, causing them to wear away. In accumulation, people with more body fat may have upper blood levels of substances that cause irritation. Irritated joints may raise the risk for osteoarthritis.

h) Fatty Liver Disease – This kind of disease is also known as nonalcoholic steatohepatitis (NASH). It occurs when fat builds up in the liver and causes injure.

It may escort to cruel liver damage, cirrhosis, or even liver failure. Fatty liver disease usually produces mild or no symptoms. It is similar to alcoholic liver disease, but it is **not** caused by alcohol and can take place in people who drink small or no alcohol. The reason for fatty liver disease is still not known. The disease most repeatedly affects people who are middle-aged, fat, and diabetic. Fatty liver disease may also influence children.

i) Kidney Disease – In human people, they have two kidneys. It is worn to pass through a filter the blood, removing superfluous water and misuse harvest, which turn out to be urine. And also, it is used to organize the blood pressure so that your body can stay healthy. Kidney disease means that the kidneys are injured and cannot filter blood as they should. This can source of wastes to make up in the body. It can also ground other problems that can harm your health. Fatness increases the risk of diabetes and high blood pressure, the most common causes of chronic kidney disease. Modern studies advise that even in the lack of these risks, fatness itself may support chronic kidney disease and go faster in its progress.

j) 2.10 Pregnancy Problems - Fat and stoutness elevate the risk of health troubles for both mother and baby that may happen during pregnancy. Pregnant women who are flabby or fat may have an enlarged risk for rising gestational diabetes and preeclampsia. It can cause different health problems for a baby, including:

- **Macrosomia:** Women who are overweight are at augmented risk of delivering a baby who is appreciably larger than average and has more body fat than normal. Research suggests that as birth weight increases, so does the risk of childhood fatness.
- **Chronic conditions:** Individual fat during pregnancy might raise the risk that your baby will develop heart disease or diabetes as an adult.
- **Birth defects:** Research suggests that portliness during pregnancy a little increases the risk of having a baby who's born with a birth defect, such as a problem with the heart or a condition affecting the brain or spinal cord.

If you are pregnant, ensure the sidebar for common strategy concerning weight grows. Talk to your physical condition care supplier regarding how, to a large extent, a weight boost is right for you during pregnancy.

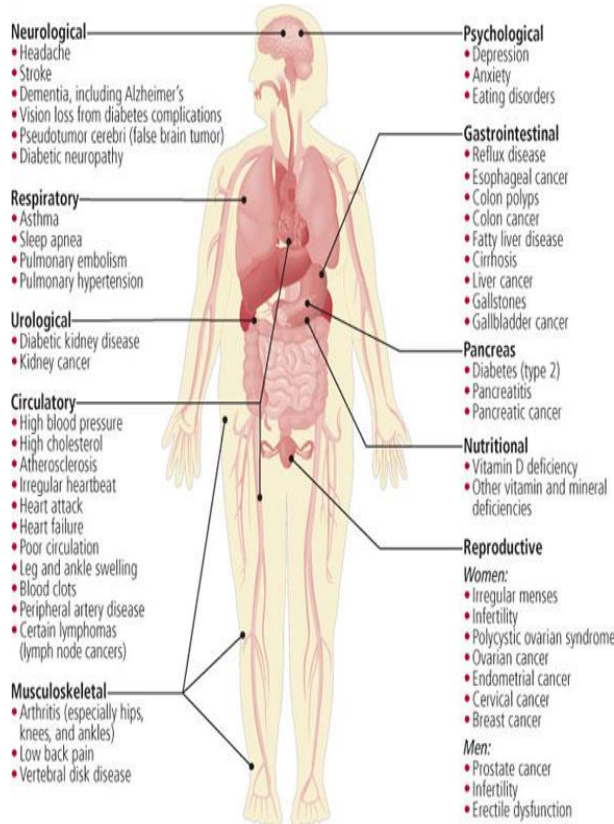


Fig 1. Excess Weight Causes Many Health Problems

III. CONCLUSION

Obesity can have an unpleasant collision on health at each stage of a woman's life cycle. Fatness also has an obvious force on life expectations. The medical risks related to fatness in women are also significant for their children and future generations. Being overweight and stoutness may increase the risk of many health problems, including diabetes, heart disease, and certain cancers. Obesity may lead to foot problems. Foot and ankle evils can be associated with an individual's weight and body mass index (BMI). And one of the main essentials is Infection of the skin is related to

fatness. Chubbiness results in extra folds of skin that may be complicated to clean properly. Fatness can also lead to insulin resistance and insufficiency of the veins, which also causes certain skin conditions. You can become overweight or obese when you eat more calories than you use. A calorie is a unit of energy in the food you eat. Your body needs this energy to function and to be active. But if you take in more energy than your body uses, you will gain weight. Losing excess weight can make you feel better both physically and emotionally and can help you live a longer, healthier life.

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