Obesity among Women in Karur District - An Analysis

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Abstract:

Obesity is an excessive accumulation of body fat. Generally speaking, fat should constitute about 20 to 27% of body tissue in women and about 15 to 22% in men. The world health organization estimates that 300 million people worldwide are obese and a further 750 million are overweight, including 25 million children under the age of 5. Obesity is now so common that it has replaced malnutrition as the most important dietary contributor to poor health worldwide and will soon account for more diseases and deaths in the United States than smoking. The global epidemic of obesity stems from a combination of genetic susceptibility, the increasing availability of high fat and high energy foods, and low levels of physical activity. Obesity is a risk factor for many disorders, both in its own right and because it affects other risk factors, such as blood pressure and plasma cholesterol level. Estimates are that overweight and obesity may account for 14% of all deaths from cancer in men and 20% of all deaths from cancer in women.

Keywords: Obesity, body, foods, epidemic, deaths

Genetic, environmental, psychological, and other factors may all play a role in the development of obesity. Obesity tends to run in families, suggesting a genetic cause. But genes do not destine people to a lifetime of obesity. Although you cannot change your genetic makeup, you can change your eating habits and levels of activity. Environmental factors strongly influence obesity. This includes lifestyle behaviours such as what you eat and your level of physical activity. Most Americans do not get enough physical activity. Many also tend to eat high-fat foods, and put taste and convenience ahead of nutrition. Psychological factors may also influence eating habits. Many people eat in response to negative emotions such as boredom, sadness, or anger. Up to 10 percent of people who are mildly obese -- and even more who are severely obese -- have binge eating disorder. Those with the most severe binge eating problems are also likely to have symptoms of depression and low self-esteem.

Even mildly overweight women sustain an increased risk for heart disease and heart attack compared with women who are underweight. In addition, many of the treatment for overweight that people undertake on their own, such as use of diet pills and other medications, fad diets, fasting, and anorexia or bulimia, create substantial risks of their own.

Obesity depends on both the number and the size of an individual's fat cells. Among moderately obese people, fat cells are typically large, but there are not an unusual number of them. Among the severely obese, there are a large number of fat cells, and the fat cells themselves are exceptionally large. One reason is that the number of fat cells an individual has is typically determined in the first few years of life, as by genetic factors or by early eating habits. A high number of fat cells lead to a market propensity for fat storage, thus promoting obesity in

adulthood. In contrast, poor eating habits in adolescence and adulthood are more likely to affect the size of fat cells but not their number.

Our style of eating has changed in ways that promote overweight and obesity. Additional risk factors for obesity include social class and culture. Family history is clearly implicated in obesity. Over weight parents are more likely to have overweight children than are normal weight parents. This relationship appears to be due to both genetic and dietary factors. Identifying the role of genetics in obesity is important because it helps identify individuals for whom weight management interventions are especially important.

Dieting also contributes to the propensity for obesity. Successive cycles of dieting and weight gain enhance the efficiency of food use and lower the metabolic rate. When dieters begin to eat normally again, their metabolic rate may stay low, and it can become easier for those to put on weight again even though they eat less food. Unfortunately, too, these decreases in metabolic rate may be more problematic with successive diets.

Methodology

Statement of the problem

Genetic factor and environmental factors strongly influence obesity. This includes lifestyle behaviours such as what you eat and your level of physical activity. Maintaining a proper diet and getting enough exercise jointly contribute to weight control, the issue to which we now turn. This issue has become especially urgent in recent years because of the galloping levels of obesity in the population.

Objectives

- To study the socio economic status of the women
- To identify the causes and problems of obesity among women.
- To suggest suitable way to control the obesity

Design of the study

This study is a descriptive study. Simple random sampling was used in this study. The study was conducted in Karur district. The sample size is 50. Direct interview technique was followed in a face to face situation at the door steps of the women respondents. Interview schedule was used as the tool for data collection from the respondents. The collected data have been systematically classified and arranged for analysis and result. Simple percentage method was used to analyse the numerical data.

Limitations

- The study is subjected to only women respondents.
- The study is conducted only in Karur due to time and cost constraint.

Figure – 1 Distribution of the Respondents by Age
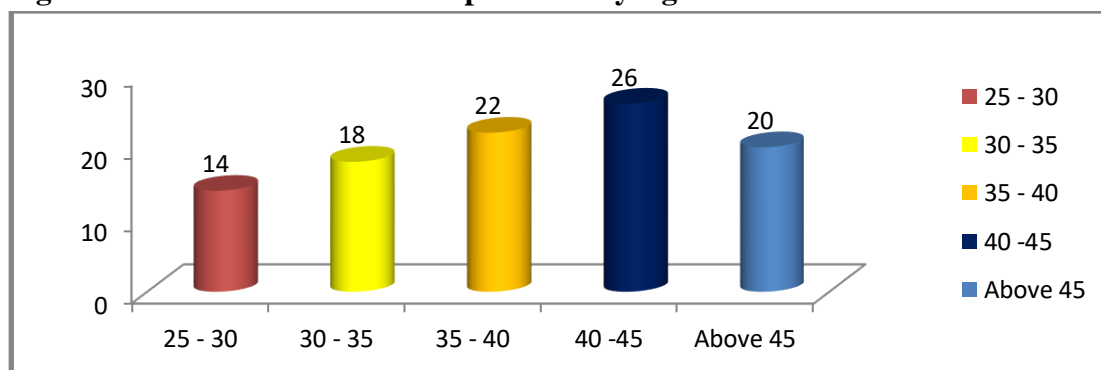
From the above figure shows that, it is clearly found that, 26 percent belonged to 40 - 45 years , 22 percent belonged to 35 -40 years, 20 percent belong to the age group of above 45 years, 18 percent of the respondents belonged to the age group of 30 – 35 years. 14 percent belonged to 25-30 years,.

Figure-2 Distribution of the respondents according to their education
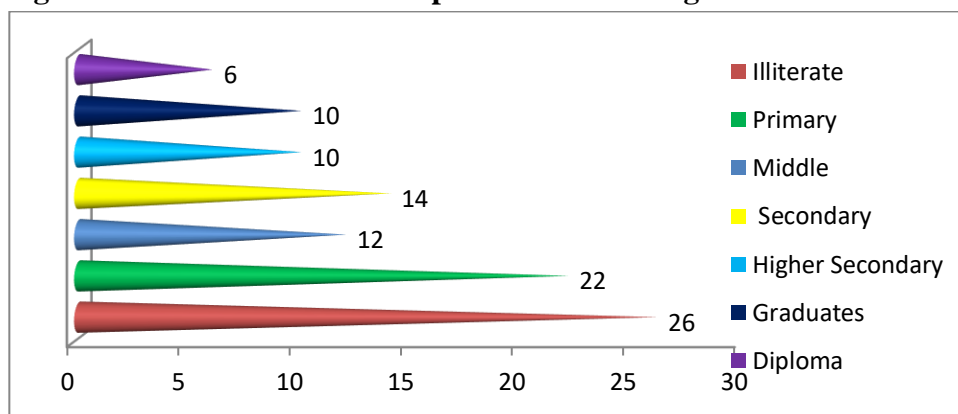
The above figure clearly indicates that 26 Percent of the respondents are illiterates, 22 percent of the respondents have completed primary school level,12 percent of the respondents have completed their middle school, 14 percent of the respondents have completed secondary school, 10 percent of the respondents have completed graduates, 10 percent of the respondents have completed higher secondary and 6 percent diploma holders.

Table-1 Distribution of the respondents according to their marital status

Marital status	Frequency	Percentage
Unmarried	05	10
Married	35	70
Widow	08	16
Separate	02	04
Total	**50**	**100**

Table indicates that 70 percent of the respondents were married, 16 percent of the respondents were widows, 10 percent of the respondents were unmarried, and 4 percent of the respondents were separated.

Table-2 Distribution of the respondents by Age at Marriage

Age at Marriage	No of respondents	Percent age
Below 18	20	40
18 and Above	25	50
Not applicable	05	10
Total	50	100

The above table shows that 47.9 percent of the respondents got married at the age of 18 and below, and 52 percent of the respondents got married at the age of 18 and above.

Table-7

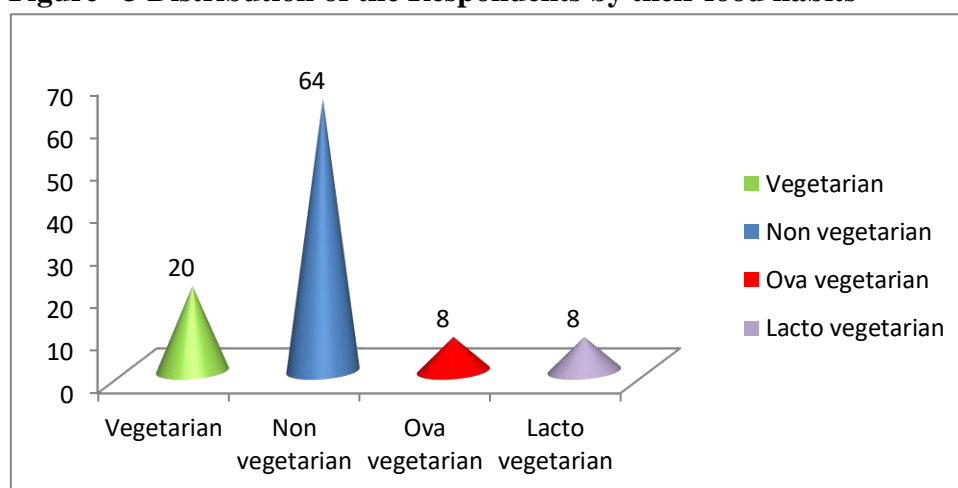**Table-3 Distribution of the respondents by Family**

Category	No. of Respondents	Percentage
Joint Family	14	28
Nuclear Family	36	72
Total	50	100

Table-7 Shows that 28 percent of the respondents were from joint family, 72 percent of the respondents were from nuclear family.

Table-8

Table -4 Distribution of respondents according their Occupational status

Occupation	No of the respondents	Percentage
Coolie	13	26
Construction work	07	14
Tailoring	04	08
Millwork	08	16
Self Employment	05	10
Housewife	11	22
Government Job	02	04
Total	**50**	**100**

The above table explains that 26 percent of the respondents were coolies, 22 percent were housewives, 14 percent were construction labourers, 10 percent were self employees, 8 percent of the respondents were tailors, 16 percent were Mill workers and 4 percent of the respondents were government employees.
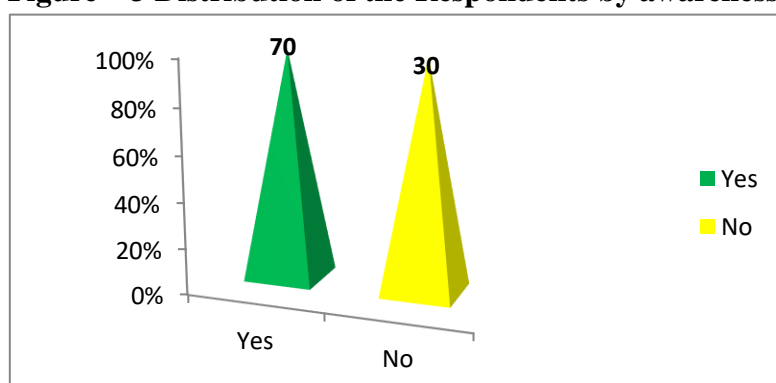
Figure– 3 Distribution of the Respondents by their food habits

The above figure indicates that,   64 percent of the respondents were non vegetarian, 20 percent were vegetarian, and each 8 percent were ova vegetarian and lacto vegetarian.

Table – 2 Distribution of the Respondents by their liquid food habits

Liquid food	No of the respondents	Percentage
Tea	20	40
Coffee	12	24
Milk	07	14
black tea	11	22

The respondents were enquired about their liquid food consumption, 40 percent of the respondents drunk coffee, 24 percent of the respondents like tea, 14 percent like milk and 22 percent took black tea at two times.

Figure – 3 Distribution of the Respondents by awareness about Normal weight

The above figure shows that, 70 percent of the respondents have knowledge about their normal weight. Only 30 percent had no knowledge about normal weight level.

**Table – 3 Distribution of the Respondents by Sleeping hours**

Sleeping hours	No of the respondents	Percentage
below 6hours	15	30
6 -7 hours	30	60
8 hours and above	05	10

The above table mentioned that, 60 of the respondents said that their sleeping hours is 6 to 7 hours, 30 percent sleep less than 6 hours, 10 percent sleep more than 8 hours at day and night.

**Figure– 4 Distribution of the Respondents by Causes of Obesity**
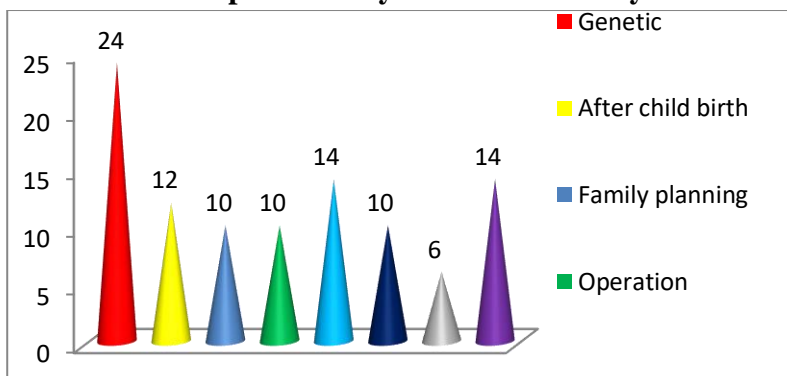
The above table indicate that the causes for obesity, 24 percent of the respondents felt that they suffered by obesity in genetic, 12 percent of the respondents felt that they suffered by obesity after child birth, each 10 percent of the respondents felt that after family planning is the main reason for obesity and operation is the main reason for obesity, 6 percent felt medicines intake is the main reason for obesity, 14 percent felt lack of physical activity is the main reason for obesity. 14 percent of the respondents like to eat more snacks like junk foods and bakery items.

Figure – 5 Distribution of the Respondents by faced health problems of Obesity
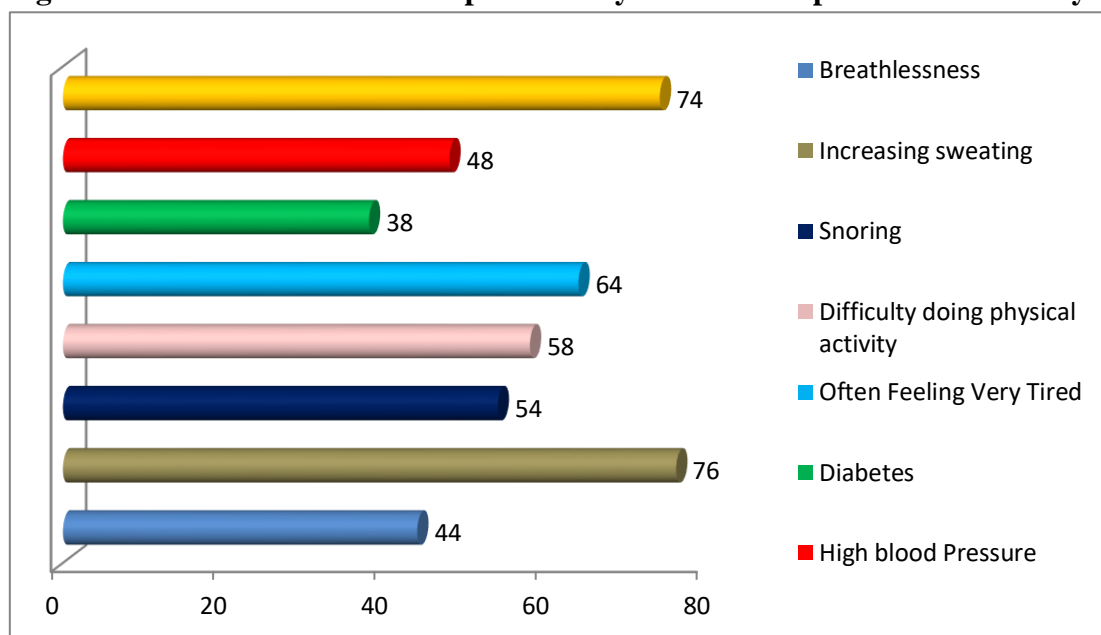
The above table indicates that, 44 percent felt that breathlessness, 76 percent said that increased sweating during work, 54 percent of the respondents said that they were suffered in the snoring, 58 percent of the respondents said that they were difficulties doing physical activity, 64 percent felt often feeling very tired, 38 percent said they were suffered from diabetes, 48 percent of the respondents suffered from high blood pressure and 74 percent suffered from joint problem.

Figure –6 Distribution of the Respondents by suggestion to reduce the weight
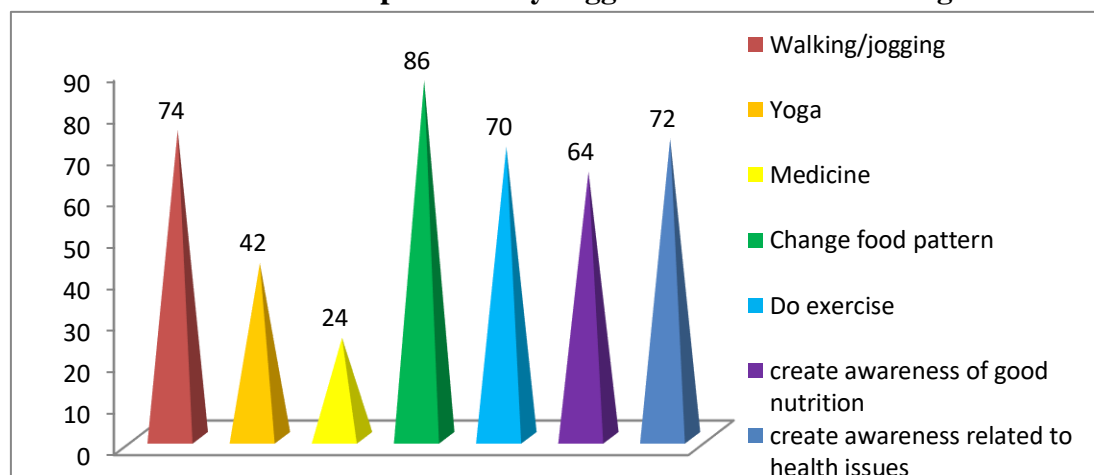
The above table shows that, 74 percent of the respondents said walking/jogging is the best method to reduce obesity, 86 percent of the respondents felt that change food pattern is the best method to reduce obesity, 42 percent of the respondents said that yoga is the best method, 24

percent felt that medicine is the best method to reduce the obesity.

70 percent of the respondents said do exercise to reduce obesity, 30 percent of the respondents were not willing to do exercise. 64 percent of the respondents said that to create awareness about good nutrition to reduce obesity and 72 percent of the respondents said that, to create awareness about health issue due to the obesity. 86 percent of the respondents said that, to take special food to reduce obesity

Findings

The study found that, majority of the respondents belonged to 40 - 45 years, 50 percent of the respondents are working women and 50 percent are housewife, 64 percent of the respondents are non vegetarian, 20 percent are vegetarian, and each 8 percent are ova vegetarian and lacto vegetarian. Most (40 percent) of the respondents are drink coffee. Majority (70 percent) of the respondents know about their normal weight. Most (60 percent) of the respondents said that their sleeping hours is 6 to 7 hours. Majority (24 percent) of the respondents felt that they suffered by obesity in genetic, 12 percent of the respondents felt that they suffered by obesity after child birth, each 10 percent of the respondents felt that after family planning is the main reason for obesity and operation is the main reason for obesity, 6 percent felt medicines intake is the main reason for obesity, 14 percent felt lack of physical activity is the main reason for obesity. 14 percent of the respondents like to eat more snacks like junk foods and bakery items.

Find the problems faced by the respondents due to the obesity, majority (76 percent) said that increased sweating during work, majority (74 percent) suffered from joint problem, most (64 percent) felt often feeling very tired, 58 percent said that they difficult doing physical activity, 54 percent of the respondents said suffered in the snoring, 44 percent felt that breathlessness, 38 percent said they are suffered from diabetes, 48 percent of the respondents suffered from high blood pressure.

Most (86 percent) of the respondents felt that change food pattern is the best method to reduce obesity and take special food to reduce obesity. Most (74 percent) of the respondents said walking/jogging is the best method to reduce obesity, 72 percent of the respondents said to create awareness about health issue due to the obesity. Majority (70 percent) of the respondents to do exercise to reduce obesity, 64 percent of the respondents create awareness of good nutrition and 42 percent of the respondents said that yoga is the best method. 30 percent of the respondents not willing to do exercise and 24 percent felt that medicine is the best method to reduce the obesity.

Conclusion

Mostly, women's are affected by obesity. Obesity is the main reason for heart attack, BP, Diabetes Sugar and other diseases. Diet plays a vital role in reducing obesity. All obesity women follow the proper diet system, exercise, yoga, jagging, walking will be helpful to control the obesity and create awareness about health consequences of obesity also help to maintain normal weight. So, women's must be care about their health, and food pattern.

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