

OBESITY - A SOARING EPIDEMIC IN PAKISTAN

Topical shifts in the dietary pattern with the intake of high caloric food along with the practices of Physical in activities lead to the development of Obesity¹. According to the statistics of Pakistan Demographic Health Survey (PDHS) 2013, the prevalence of Obesity among male and female population of Pakistan living in the rural setting is found to be 11% and 19% respectively whereas in urban setting the numbers are even higher where 23% of male population and 40% of female population are obese². A comprehensive global status report on non-communicable diseases, 2010 stated that every fourth adult individual in Pakistan is either overweight or obese making the population more vulnerable for the risk of developing non communicable diseases (NCDs) like obstructive sleep apnea, type II diabetes, cardiovascular disease, osteoarthritis, and cancers³. According to a study conducted in 2016, rapid urbanization along with the adaptation of western lifestyle conditions is the main contributing factors towards obesity. The paradigm shift toward the environment of ease and comfort along with the availability of the mechanized and modern infrastructure increased the likelihood of developing obesity among the urban population of Pakistan. Thereby, making obesity a soaring epidemic in Pakistan. Therefore, identifying effective treatment strategies for overweight and obesity is of paramount importance. Life style modification is considered as the first option in comprehensive program of obesity management in order to achieve this goal that includes two primary components: diet and exercise. According to the epidemiological data physical activity levels are not met by majority of the adult population⁴ also the physiological adaptations of body to lose weight are related with a high risk of failure and transitional weight gain. Thus, the key challenge of obesity management is not weight loss, but long-term maintenance and to avoid weight regain. Hence, the purpose of writing this letter is to draw the attention of Health Care Professionals to identify the best possible exercise regime that significantly impacts the BMI of obese population with minimum dosage that will be both cost and time effective.

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