

A survey on weight reduction methods employed by obese

SHALINI SEN AND ARTI SANKHLA

ABSTRACT

The present study was undertaken to assess the methods of weight reduction adopted by obese individuals. A sample of one hundred people (BMI = 25 kg/m²) was selected and the relevant information was collected using structured interview schedule (i.e. general information, anthropometric measurements and details about weight reduction methods). Subjects on modified/ restricted diet (specially crash diet) as method of weight reduction were further asked about duration, source of motivation, weight loss and side effect. The findings of the study revealed that most of subjects (58 per cent) preferred a combination of physical exercise (walking) + dietary modification (low calorie diet) for weight reduction. The detail probing about crash diet indicated that most of subjects used 7 days crash diet and the average weight loss was 2.8 kg from these diet.

Sen, Shalini and Sankhla, Arti (2011). A survey on weight reduction methods employed by obese, *Food Sci. Res. J.*, 2 (2): 196-199.

Key Words : Obesity, Medication, Exercise, Weight loss, Crash diet

INTRODUCTION

Health is a dynamic life process, which begins at birth and is governed by genetic and environmental factors throughout life. Now a days, due to sedentary life styles and industrialization several health problems have crept into people's life among which obesity is dominating (Vijayalakshmi *et al.*, 2003). The prevalence of obesity is increasing in most parts of the world, not sparing any age and sex group. Moreover, obesity is no longer just a concern for developed countries, but it is becoming an increasing threat to many developing countries. Globally, there are more than 1 billion overweight adults, at least 300 million of them obese (WHO, 2010). The major health consequences associated with obesity are non – insulin dependent diabetes mellitus, cardiovascular diseases, gout, gall stones, renal diseases, osteoarthritis, psychological problems, mechanical disabilities and certain types of cancer. Now a days, fighting obesity has become one of the main public health concerns. The various communication media play a vital role in providing information on different methods of weight control. People get influenced by media and follow these different methods like medication, surgery, diet, exercise etc. Medication, surgeries are reported to create enormous side effects on health. Diet management coupled with exercise is one of the ways to provide a positive solution for the problem of obesity. The word diet is often used to describe an eating

plan intended to aid weight loss. However, diet really refers to the foods consumed by a person in the course of a day or week. There are many different types of diets for weight loss like low calorie diet, low fat diet, low carbohydrates diet, very low calorie diet, yo- yo diet, crash diet etc. There is intense debate about which methods are more used and are most effective for treating obesity. The dramatic increase in obesity worldwide remains challenging and underscores the urgent need to test the effectiveness and safety of several widely used weight loss diets.

Considering all these points, the present piece of research was undertaken to find out different methods of weight reduction employed by obese people.

METHODOLOGY

The methodology followed during the course of conduction of work has been explained under the following heads:

Subject selection:

A preliminary survey was conducted to find out different methods adopted by obese people to reduce their weight. For this purpose, subjects were contacted at gym, health clubs and morning walk places of Udaipur city. One hundred subjects were selected on the basis of their BMI (= 25 kg/m²) and willingness to participate in the study.