

Obesity: A Lifestyle Disorder

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Abstract— This short article talks about obesity in simple words. Obesity means having too much body fat and it can harm health. Most of the time obesity happens because of daily habits like eating food a lot, not moving enough, not enough exercises, bad sleep, and stress. Obesity can cause problems such as diabetes, high blood pressure, heart problems and joint pain. Simple changes in food and activity can help control it. Family habits are also key. If parents are obese or if a family is on a pathway of unhealthy eating, children probably will be overweight. Boredom, sadness, stress, and overeating is a vicious part of the cycle that makes someone become overweight.

Obesity is associated with a long list of diseases it can cause. Cancer, diabetes and high blood pressure and heart attacks are among other health problems linked to breathing or joints; only a sorry few such as high cholesterol have no connection. Crucially, family habits are also a major factor. Children are likely to be overweight if parents are obese or if the family is on a trajectory of unhealthy eating. Boredom, sadness, stress, and over-consumption of food are vicious parts of a cycle that will make a person get overweight.

In addition, obesity may have a negative effect on personality and this, in turn, will affect the person's mental health. The good news is, there are several lifestyle changes that can bring about quick improvements. You can make a huge difference by increasing the intake of fruits, vegetables and home-cooked meals and removing the soft drinks from your diet, drinking water instead of soda, playing outside more and doing different activities/exercises, and making sure not to deprive yourself. Getting enough sleep for one's needs can be key in preventing/resolving.

Index Terms— Obesity, Lifestyle, Diet, Physical activity, Prevention

I. INTRODUCTION

Obesity is when a person has too much fat in their body. A common way to check this is BMI (Body Mass Index). The World Health Organization defines obesity as a BMI of 30 or more [WHO, 2025]. In India and other countries, obesity is increasing because

people eat more processed food and move less. I am writing this in a simple, student-style way so it is easy to read and use for college submissions.

Obesity has been so common a disorder for the world's population that it is beginning to surpass undernutrition and infectious disease as the chief cause of ill-health. Obesity is usually held accountable for diabetes mellitus, coronary heart disease, some cancers, and sleep-breathing disorders. For technical purposes, a BMI (weight divided by the square of the height) of 30 kg m^{-2} or more is taken to be obesity, ignoring morbidity and mortality that are even attributable to moderate levels of overweight and the harmful pathophysiological effects of intra-abdominal fat. This huge obesity epidemic is attributed to a multifaceted attack of several factors, including an individual's genetic susceptibility, the increased availability of high-energy foods, and the reduced requirement for physical activity in today's modern world. There is simply no dignity in calling obesity a cosmetic problem for some individuals; it is a global epidemic that is affecting the well-being of the world.

II. WHY DO WE CALL IT A 'LIFESTYLE DISORDER

We call obesity a lifestyle disorder because the main causes are daily habits: - what we eat and how active we are. Infections spread from person to person, but obesity usually builds up slowly from repeated habits like overeating and sitting a lot.

The negative factors that are common to the lifestyle are

Poor food habits - people tend to eat fast food, deep-fried foods, drink a lot of soda, and eat highly processed foods.

Lack of physical activities - those hours that one spends only staring at the mobile phone or the computer without doing any physical activity.

Irregular routine - little sleep, eating late at night, and stress-eating.

Urbanization - living in a modern city is still very unhealthy, although it is easy to get calorie-dense foods, but at the same time, there are fewer opportunities for outdoor physical activities.

Several studies say that the biggest contributor to the root of overweight and obesity issues is a sedentary lifestyle. Genetics does have its say, but lifestyle is the major factor.

Therefore, unlike an infectious germ or agent, obesity is just the outcome of the accumulation of certain life habits over and over again on a daily basis. It was correctly called a lifestyle disease or NCD by the common people.

III. TYPES OF OBESITY

1. General obesity: weight gain all over the body.
2. Central/abdominal obesity: fat around stomach and waist, this is risky for heart disease.
3. Lower-body obesity: fat mostly around hips and thighs.
4. Childhood obesity: when kids gain extra weight from too many snacks and little play.

IV. MAIN CAUSES

- Eating too much junk food, sugary drinks, and fried snacks.
- Not doing physical activity - sitting for many hours.
- Poor sleep and stress - these can increase hunger and bad food choices.
- Family history: genes can make someone more likely to gain weight.
- City life: easy access to fast food and less outdoor space.

V. FACTORS AFFECTING OBESITY IN CHILDREN

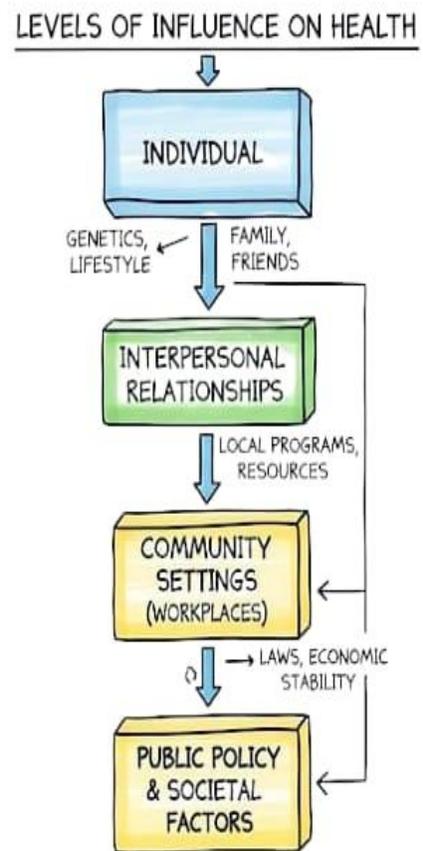
Childhood obesity has become a major health problem, and its reason is not just one factor but multiple causes that come together. The most common cause of obesity in children is unhealthy eating habits. Nowadays, children eat a lot of junk food, fast food, chips, chocolates, and cold drinks. These foods provide a lot of calories but do not provide essential nutrients to the body, and this leads to weight gain. In the modern lifestyle, children spend more time on mobile, TV, and video games instead of playing

outdoor games. Due to this, the body is not able to burn calories, and fat keeps getting stored.

Genetic factors also play a role. If the parents are overweight, then the risk of obesity is also higher in children. Apart from genes, home environment also matters - like the family's eating habits and lifestyle.

Psychological and social factors also increase obesity. Stress, boredom or depression may make children eat extra food, which is called "emotional eating". Also, peer pressure and advertisement exposure promote unhealthy food choices.

Lastly, medical conditions and hormonal imbalance (like hypothyroidism) are also causes in some rare cases. But most of the obesity in children is due to lifestyle and dietary habits



VI. HOW EXTRA FAT CAUSES PROBLEMS

When we eat more calories than we use, the body stores the rest as fat. Over time these changes how hormones work and can cause insulin resistance and higher blood pressure. This is why obesity links to diabetes and heart problems

VII. HEALTH PROBLEMS LINKED TO OBESITY

Type 2 diabetes (common with obesity). [CDC 2025] High blood pressure and heart disease. Joint pain and osteoarthritis because of extra load on joints Sleep problems like sleep apnea. - Mental health: low mood, low confidence and anxiety

VIII. WHAT CAN STUDENTS / COMMON PEOPLE DO

1. Food: Try to eat more fruits, vegetables, and home-cooked food. Cut down on sweets and cold drinks.
2. Move more: Walk 30 minutes a day or play a sport. Break long sitting with short walks.
3. Sleep: Try for 7–8 hours of sleep. Good sleep reduces extra hunger.
4. Stress: Do simple breathing exercises, walk, or talk to friends when stressed.
5. Small changes: Use stairs, avoid fried snacks every day, keep a water bottle, and avoid late-night heavy meals.

IX. ROLE OF HEALTHCARE PEOPLE

Pharmacists, doctors and dietitians can help by advising safe medicines if needed, giving dietary tips, and encouraging regular checks. Schools and colleges should teach basic healthy habits and make time for sports

X. SIMPLE CASE EXAMPLE

Mr. Pappu, a 22-year-old student, used to sit for 8–10 hours, eat fried snacks and cola. After gaining weight and feeling tired he chose to walk 30 minutes daily, coca cola, and eat one extra fruit daily. In 3 months, he felt better and lost some weight. This shows small changes work.

XI. CONCLUSION

Obesity can be prevented. It needs patience and steady small changes in daily life. This write-up is kept simple so students can understand and use it. Whenever I used strict definitions or numbers I added short references nearby. Full references are below.

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