

## 4<sup>th</sup> International Conference and Exhibition on **Obesity and Weight Management**

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### **Obesity: The health impact on government**

Obesity is the health problem in developing countries as it is in developed countries. The developing countries are mostly affected by this condition as they have few or no resources to cater for obesity predisposed conditions. According to World Health Organisation update (2015) overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. In addition in 2014, more than 1.9 billion adults, were overweight and over 600 million were obese.

Africa has not always been associated with obesity and the diseases associated with overweight. Yet in recent years there has been a sharp rise in the incidence of obesity and chronic diseases which is a major public health problem in many countries (Asfaw, 2006). The study revealed that obese people suffer from chronic diseases like diabetes, arthritis and also poses high risk for heart diseases. The management of these comorbid conditions due to obesity, results in burden on the governments. It is therefore important to control obesity so as to put stop on the comorbid conditions.

Most countries have put measures that are aimed at weight reduction so as to reduce the disease burden related to obesity. Medical aids are also putting on some incentives for healthy living styles as they believe and think that obesity can be controlled by lifestyle modification. Management of obesity can include amongst other measures; promoting games and sports at schools, diet and nutrition awareness as well as exercising.

Most people are suffering from these conditions and get admitted to provincial hospitals that are funded by governments. Most of the governments cannot support these people in their hospitals due to lack of resources. It is therefore important to modify the life styles of the people so as to counteract most of life style diseases and conditions like obesity. In South Africa, most of the public schools do not have play fields, which is also a contributory factor to obesity. Child obesity starts from home to schools as these children no longer have play grounds at schools and also watches television a lot after school. Therefore, parents, teachers and departments of Health must join hands in trying to control obesity.

### **Biography**

David Mphuthi Current PhD candidate with North West University (SA) and has completed M.Cur, B.Cur (Adm et Ed), Dip. Nephrology, RN. David is a PhD scholar in Indigenous Knowledge Systems (IKS) also a lecturer in the Department of Health Studies, University of South Africa. David has published an article in the Journal of Renal Nursing in 2013.

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