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Hazards, menace and consequences of physical inactivity – a global perspective

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Physical inactivity is a term used to identify people who do not get the recommended level of regular physical activity. Physical inactivity has a major health impact on the world. In all developing countries, the levels of inactivity are becoming virtually high. Physical inactivity is the fourth leading risk factor for the global mortality. Globally, around 31% of adults aged 15 and over were insufficiently active in 2008 (men 28% and women 34%) and approximately 3.2 million deaths each year are attributable to insufficient physical activity. Elimination of physical inactivity would remove between 6% and 10% of the major Non Communicable Diseases of Coronary Heart Disease, type 2 diabetes, and breast and colon cancers, and increase life expectancy. In 2008, prevalence of insufficient physical activity was highest in the WHO Region of the Americas and the Eastern Mediterranean Region. Almost 50% of women were insufficiently active, while the prevalence for men was 40% in the Americas and 36% in Eastern Mediterranean.

41 % of men and 48 % of women being insufficiently physically active in high-income countries compared to 18 per cent of men and 21 per cent of women in low-income countries. Various cross-sectional and longitudinal research have established certain positive relationship between participation in moderate-to-vigorous physical activity (PA) and increase in cardiovascular and musculoskeletal fitness, weight management, and reduction of adult-like risk factors such as obesity and high blood pressure for chronic diseases. Adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity. The current levels of physical inactivity are partly due to insufficient participation in physical activity during leisure time and an increase in sedentary behavior during occupational and domestic activities.

Biography

Subramanian Makeash Babu has completed Bachelor of Physiotherapy from The Tamil Nadu Dr M.G.R. Medical University, Chennai and completed Master of Physiotherapy with Specialization - Orthopaedics & Traumatology from Sri Ramachandra University, Chennai, India. Currently he is pursuing PhD. He has been in clinical and teaching Physiotherapy for the past 15 years. Presently he is working as Professor in Adhiparasakthi College of Physiotherapy, Tamil Nadu, India. He has received "Award of Professional Excellence" in 5th National Physiotherapy Conference (2017) Organized by School of Physiotherapy, VELS UNIVERSITY, Chennai, India and had received Dr. M.G. Mokashi "Best Physiotherapist Best Teacher Award" in the National Level Physiotherapy Conference - PHYSIO-CON 2016, Srinagar, India. He is a peer reviewer for the African Journal of Health Sciences since 2008 and has been co-author of research papers for National and International academics. His areas of research interests are Physical Activity, Women's Health, Orthopaedic and Geriatric Rehabilitation.

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