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Psychological & social factor causing obesity

Ushakiran Sisodia

Nanavati Super Specialty Hospital, India

Introduction: Today's time is advancing in all aspects and the senior citizen are getting less social, more psychologically depressed with the use of internet, facebook, whatsapp.

Aim: The purpose of study is to correct BMI, to find out social & psychological factor leading obesity, to correct nutritional deficiency, to educate about right nutrition. The social factors are: loss of one partner, depression, and children get married, living alone, having less intake leading to poor nutritional status eating imbalanced meals, skipping meals. The physiological factors are: do not have couple of teeth, dentures, diabetes, hypertension, piles and indigestion.

Methodology: 508 (60 – 80 years) senior citizen workshops were conducted, recipes developed, and it had been given to them to include in daily diet and special perform & psychological test was developed. They were educated about calorie dense nutrient dense foods, with more immunity booster. They developed support group to share their experiences on psychological as well as social factors leading to obesity (alcohol consumption due to various reasons, loss of family members etc.).

Results: Social factors remained significant predictors of BMI after controlling for all health behaviors. Neither social factors alone, nor health behaviors alone, adequately explained the variance in BMI. Gender specific interactions were found between social factors and individual health behaviors. Results suggest that social factors & psychological factors moderate the relation between BMI and weight – related behavior that has given overall metaphorical paralysis of our brain and all body organs, because we are depending on more machines and this gives warning to change to our grandfathers day, more outgoing to nature.

ushakiran.sisodia@gmail.com

Disease prevention, search for a healthier lifestyle and aesthetic motivation for weight loss

Cláudia Araújo da Rocha Benevides and Rocha I C S

Federal University of Para, Brazil

Introduction: A lot of studies show relation between obesity and development of several diseases (NHANES). This work aims to evaluate the profile and the motivation of people who want to lose weight, as well as identify the reasons for failures to achieve their goals.

Methods: 187 individuals, who wanted to lose weight, were studied. Among which, 48.6% were between 35 and 44 years old and 86.6% were female. This is a cross-sectional, descriptive and analytical statistical study and the statistical tests (Odis Ratio) concede to reach 95% as the range of confidence.

Results: 44.4% among the participants had over weight by the Body Mass Index (BMI), 22.6% obesity grade I, 22% normal BMI, 7.5% obesity grade II and 3.5% obesity grade III. It's worth noting that 22% of the participants with normal BMI, still wanted to lose more weight; however, most of them (97.5%) aimed to lose an amount of weight that wouldn't put them in a risk group (Low weight). The main reasons that led them to lose weight were to be healthier and to prevent diseases (38.5%), aesthetic reasons (33.6%) and to feel more willing (18.2%). Aesthetic reasons were more frequent among them and had normal BMI (56%), while among the obese (grade I, II, III), health motivation was the most frequent (63.5%). In this group, there was a higher prevalence of associated diseases and the chances to develop diseases for this group was 3.9 times greater than on the normal BMI group ($p=0.002$). On the other hand, among obese grade III, these odds increased to 8.9% ($p=0.008$). The majority (88.2%) assumed had no health habits: 49.7% of them by lack of discipline, 13% by lack of available time and 14% by lack of energy or emotional motivation to practice these healthy choices.

Conclusion: It's important to know what happens on our patient's mind, to choose the best therapeutical strategy in order to get succeeded in treatment. This study showed that among the higher degree of obesity, the greater are the chances of having diseases, compared to the normal BMI group.

claudiaaraujo80@gmail.com