

2024-25  
16/11/24  
"Obesity and overweight are emerging public health challenges in India, with significant socio-economic and healthcare implications. Elaborate."

Obesity and overweight are the one of major health risk associated with non-communicable disease like, diabetes, Heart disease etc.,

Socio-economic & healthcare implication

Serious health problems

Obesity & overweight due to accumulation of fat that cause heart problems and leads to death

Economic problem

Non-communicable disease like heart attack and diabetes increase out of pocket expenditure for health

Social problems

Obese person are always alone, not socialise them and fear of bullying

## children mental health

child obese child in school face many challenges in schools of bullying. mental stress to the children affect the studies of the child and in turn affect the employment. lead to affect economy.

## Lack of nutrition

Fast foods consumption cause health diseases that affect the absorption of nutrients from food only accumulate fat.

## Incorrect method use to calculate obesity

certain expert say BMI index is not correct way to calculate obesity it only ratio of height & weight not really said the accumulation of fat in which part of body.

Affect the cognitive skills of children  
children who are obese not play  
with children surrounding that affect  
their cognitive skill.

Obesity and overweight cause serious  
health risk of the people in India  
according to the report 200 million  
people in India are obese that cause  
increase out-of-pocket expenditure  
for health problem that affect our  
economy -