



**“ENVIRONMENTAL FACTORS- AFFECTING HEALTH, OBESITY AND  
MANAGEMENT OF EXERCISE.**

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World health organization states that health is a state of complete physical, mental and social well-being and not merely the absences of disease or infirmity. Public health is concern with those forms of life, substances, forces and conditions in the surrounding of man that may exert an influence on man’s health and well-being. Thus the definition also includes a part of man’s surroundings that contributes to the status of environmental health.

Environment is very much related with the health of every living creature but human creature can realize and presume the effect of environment on their health and can think of protecting their health from adverse environmental balance.

Can, today in any part of world, we expect such unpolluted environment? Answer is “Impossible”. Scientists and echo friendly experts can only tell us about the precautionary methods like Grow Trees, Be aware of hygiene, maintain cleanliness around us, ensure P.U.C related to vehicles and Industries and so on. It is nothing but the selling of cigarettes with the printed statutory warning “Smoking is injurious to health”, Tobacco chewing is invitation to cancer”





It is accepted truth that “sound mind in sound body” sound mind is the only pioneer step towards Development and inventions which is the identify of human race. As separate entity form other living creatures.

Young generations of the day are facing pollutions of all types i.e. water pollution, air pollution and sound pollution from various sectors. This polluted environment proves harmful for sound health and treads various diseases.

Human activities such as urbanization, deforestation, land reclamation industrialization, construction of dams etc. have created more and newer health problems. The greatest threats to human health today are the ever increasing growth of slums urbanization and deterioration in environmental conditions.

Environmental sciences have made significant contribution to the knowledge of human health. Environmental science is known as hygiene public health’s preventive medicine social medicine and community medicine in different settings. All these have the common objective of promotion of health and prevention of diseases. Health promotion enables peoples to increases control over health and to improve it though variety of approaches such as health education, nutritional improvement and changes in life style and behavioral change. Prevention of disease is possible though immunization protection against occupational hazards, avoidance of allergens, control of environmental pollution.

The relationship between variation in human environment and his state of health is called epidemiology. Due to Air pollution diseases related to breathing are increased. Water pollution invites/spreads





phylasia, jaundice, diarrhoea etc. sound pollution leads to deafness, and cardiological problems. Realigning the facts govt. of India with the coordination with WHO and world Bank has taken interest is opening separate environment and pollution control depth. These departments are of no use for performances other than imposing fines.

Regular exercise, yoga, fast walking, pranayam and meditation are the best solution to preserve good and sound health. But for that the basic requirement wants fresh air and healthy environment. Rivers and reservoirs are also polluted due Industries. In the name of development for the construction of roads huge numbers of big trees are felled and due to this changing the environmental cycle and climate e.g disturbances in oxygen cycle.

Youths studding us collages are mostly attracted towards gymnastics, sports, body building and athletics and in various competition youth are unable to achieve their expected goal. Our nation – guides other country's youth to be healthy and remain away from illness through yoga and meditation. But due to polluted environment interested and capable students can't shows their good performance various national and international competition. Our country is the last rankers in Olympic Games For less stamina, hence, having more population India is in the last rank us Olympic sports, because less stamina of our players, unhealthy food and less sports facility.

Country is recognized by the health factor of the people and hence to build up healthy nation physical education Teachers need to





come forward untidily to perfect environment and free from all most of pollutions. Effect of polluted atmosphere is not restricted to any specific area, it has no bound and hence it is universal problem.

“Precaution better than cure” should be the aim of us to endure healthy environment to see healthy future generation. “Best friend of human being is the Tree of we allow it to grow free” “Health is Wealth” But it is said that “wealth lost nothing is lost’ Health lost everything is lost”.

Obesity, under weight and overweight has become an endless problem which is great hindrance in the healthy human society obesity has no instant way of cure. Under weight and over weight is also critical problem for permanent cure for ever. Obesity and over weight is creation or outcome of imbalance between calories consumed and calories expended. Intake of foods those are high in fat. Salt and sugar and low in vitamins, minerals and nutrients leads to obesity and overweight. Over weight and obesity can be the cause for cardiac disease, diabetes, joint pain and some type of cancer also obesity amongst children can develop due to environment condition at home, less physical activates and imbalance food. Comparing gender women are more victimized that men of overweight or obesity. In several cases is comparatively more.

To be cautious and aware of overweight and obesity problem controlled diet and sufficient physical exercise is best remedy as per the experts. Obesity which starts from child hood becomes difficult to be reduced. There is little difference between obesity and overweight. Weight is the quantity of heaviness of the body where as obesity is the excessive





deposition of fat. To find the fat quantity in the body we have depend upon the height and weight ideal chart. For example some ideal measurement of the ideal chart is given below.

To keep ideal weight as per chart one must have balanced/diet and regular exercise walking. Yoga in also must for good health. School, college student's life style is totally changed. Their play time is totally changed. Their play time is reduced and often diverted into sedentary life style – T.V., movie watching, video games, Obesogenic School and tuition classes reduced interest specifically from urban area and upper class families are attracted towards junk and processed packed food as fashion. This habit exercise or physical activates.

Obesity is now a day considered to be somewhat like a chronic disease. According to WHO (world health organization) obesity is now so common that it is replacing the traditional public health conference including under nutrition and infectious disease and has proved to be one the most significant contributors to ill-health. Food we eat every day contribute to our well being as it provide us with nutrients need for healthy bodies and calories we need for energy. If we take more calories than we born, extra food converts into fat. Excess intake of food increases the weight which later on leads into obese. In many cases obesity is carried forward to the next generation through family life style. Therefore precaution is must.

Precaution and cure for overweight and obesity is balanced diet with required nutrients and calories. Excess of everything is bad. Regular





physical activities, exercise, yoga, meditation, walking, jogging, cycling habits keep you away from the problem of overweight and obesity. Junk foods and toxicant drinks should be avoided. Over eating is depression, anger leads to problem of obesity or over weight, hence we must control over eating. Physical education teachers can play better and important role in providing required guidance and practical training and exercise to prevent over- weight problem and disease of obesity. Healthy young generation can only build powerful Nation.

Overweight and obesity are a serious health problem all over the world, since they are associated with other diseases, and they contribute to ill health. The World Health Organization (WHO) describes overweight and obesity as one of today's most important public health problems, which is rising as a global epidemic (WHO.2003). In 2000, the CDC (Center for Disease Control and Prevention) developed growth charts for children, 2-20 years, taking in to account age and gender. Cut-off-point for overweight was 85%, and 95% for obesity.

Obesity in India: - The nationally representative data on obesity in India are scare with very few reports on the prevalence of obesity among children show in the following table.

Childhood obesity is a major emerging public health issue in developing countries, whereas it has reached epidemic proportions in industrialized nations due to unhealthy food as well as Jung food.

The World Health Organization has emphasized on promotion of healthy behaviors such as eating right and involving in regular physical





activity as a strategy for the primary prevention of non-communicable diseases (WHO Technical Report Series, 2010)

The causes of obesity are complex and includes genetic, biological, behavioral, cultural and environmental factors also responsible for obesity.

Dr. Ari Shamiss and Dr. Adi Leiba of TAU's Sackler, Faculty of Medicine and the Sheba Medical Center and his fellow researchers found that obesity in adolescence, defined as a Body Mass Index (BMI) in the 85th percentile and above, has a direct link to the incidence of urothelial (bladder and urinary tract) and colo-rectal cancers in adulthood.

Dr. S. S. Ramesh, Chief Cardiologist, Heart Centre, BMJ Hospital and national convener of the Interventional Council of the Cardio logical Society of India: "Indians suffer from heart attacks nearly a decade earlier than their western counterparts. Obesity is the major cause for other problems. Nearly 50%-70% of the children will become obese adults and would suffer from diabetes, stroke, liver diseases, infertility, hypertension, arthritis and cancer. Obesity affects reproductive capacity. Children of diabetic mothers have a greater risk of childhood obesity, but breast feeding for at least six months can reduce this threat, a new study has suggested.

### **Physical activity enhancement.**

- 1) Encourage child to play traditional games.
- 2) Encouragement of sports activity in school.
- 3) Compulsory physical exercises, Yoga and meditation class on school level.





4) Availability of safe walkway, bicycle path, play ground and other avenues.

**The four different types of exercise:-**

- 1) Strength/resistance exercise (improves muscle and bone strength)
- 2) Flexibility Exercise (improves joint and muscle flexibility)
- 3) Cardiovascular- Aerobic Exercise (improve endurance and stamina)
- 4) Exercise that enhance your balance and co-ordination.

**Prevention on the future:** The growing problem of obesity world wide , and in children and in people who were previously food insecure and malnourished, needs to addressed with better information. Everyone is known about how the body balances energy intake and expenditure. The technology to determine total energy expenditure with doubly labeled water has been standardized. Many studies on infants, Children's pregnant and lactating woman in developing countries are indicated.

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**Table :1 Height and weight ideal chart:**

Feet & Inch	CM	Desecrate Weight KG	
		Men	Women
5.00	152.5	54 to 58	51 to 54
5.1	155.0	55 to 59	52 to 55
5.5	165.0	61 to 65	58 to 61
5.9	175.0	68 to 73	64 to 68
6.00	182.5	73 to 78	69 to 74

**Table 2:**

Authors (y)	Age group (y)	N	Location in India	Prevalence (%)
Sharma <i>et al.</i> , (2007)	4-17	4000	Delhi (North)	Overweight, 22;obesity6
Rao <i>et al.</i> , (2006)	9-16	2223	Pune (West)	Overweight, boys, 27, Girls,
Mohan <i>et al.</i> , (2004)	11-17	3326	Punjab (North)	Urban, Overweight, 11.6, obesity 2.4, rural, Overweight, 4.7, obesity 3.6
Ramachandran <i>et al.</i> , (2002)	13-18	4700	Chennai (South)	Overweight,, boys, 17.8, girls, 15.8
Kapil <i>et al.</i> , (2002)	10-16	870	Delhi (North)	Obesity, 7.4, boys, 8, girls, 6.
Gupta <i>et al.</i> , (1990)	5.15	3861	Uttar Pradesh (North)	Obesity, 7.6

