144 - OBESITIES RELATIONS AND CONCEPTS OF APPLICATIONS IN OUR SOCIETY

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INTRODUCTION

BMI means body mass index and it is a measure of the level of fat each person is an average of international benchmark recognized by the WHO (World Health Organization).

The BMI calculation method is simple and quick and allows a general assessment to determine whether a person is at risk of obesity.

Obesity is the accumulation of fat in the body almost always caused by excessive consumption of calories in food, higher than the value used by the body for its maintenance and carrying out the activities of everyday life, ie, obesity occurs when food intake is greater than the corresponding energy expenditure. Obesity can also be caused by other different ways according to WHO obesity can be caused by genetic, behavioral, environmental or metabolic by means of a hiperenergética diet or alcohol consumption or fat mass and excess sweet.

Several consequences for health through obesity as: problems in the circulatory system, respiratory, digestive, genitourinary and reproductive as well as metabolic complications.

An easy way to find out if someone is obese, simply use the BMI calculation:

$$IMC = \frac{m}{h^2}$$

That is, the value of BMI equals weight (w) of the height squared (h²).

And to find out if it really is the perfect weight, we see the picture of BMI.

Situation	BMI value
Below weight	below 18.5
Normal weight	between 18.5 to 24.9
Overweight	Between 25.0 to 29.9
Take obesity	between 30.0 to 34.9
Severe obesity	between 35.0 to 39.0
Morbid Obesity	Above 40.0

Picture 1: weight ratio to determine the severity level of obesity of an individual.

There are two types of obesity, which is characterized in location due to the greater amount of fat. These types of obesity are Gynoid and Android.

Gynoid: In this type fat is distributed mainly in the lower half of the body, particularly the buttocks and thighs region, the problems related to this obesity, also known as pear, are mainly mechanical due to the impact of excess fat causes the hike .

Android: It is characterized by the accumulation of adipose tissue in the upper body, especially the abdomen, this fat distribution, also known as mace, is the most harmful to health, for localized fat this way is closer to vital organs such as kidneys, liver, pancreas, compromising its functioning.

In addition to these, there is mixed, it is when someone has both types simultaneously.

We can also determine the level and severity of these types of obesity by waist circumference and hip.

The waist/hip ratio (WHR), where we can assess the distribution of fat, which is made of the measure dividing the waist measurement by the hip.

A WHR above 0.9 for men and 0.8 for women, mean excess abdominal fat. The increasing incidence of cardiovascular diseases and diabetes, poor distribution of flow from this fat. For this there are specific values for men and women of this maldistribution.

	Men	Women
Even normal	0,87	0,72
Medium Risk	Among 0,88 – 0,95	Between 0,73 – 0,79
High risk	Between 0,96 – 1,00	Between 0,80 – 0,87
Very high risk	Above de 1,00	Above de 0,87

Picture 2: Relationship between waist circumference and hip to determine the pregnant types of obesity.

And it is through these relationships that we did a field study to find out how is the health of our families and closest friends.

METHODOLOGY

This is a quantitative research descriptive, where first the work was started with our relatives, neighbors, close friends, co-workers, school, all those who had access, thus reaching a satisfactory amount, these data were collected : age, weight, height, waist circumference and hip, thus being able to collect the values of BMI and WHR, in order to generate graphs and percentages of how is our closest society these days, that through this study can help them if you are having problems in your health. Thus we get the following tables and results.

129 people were investigated, 64 females, between 15 and 39 years old, with a mean of 21 years and 65 males, between 15 and 39 years of age, averaging 23 years.

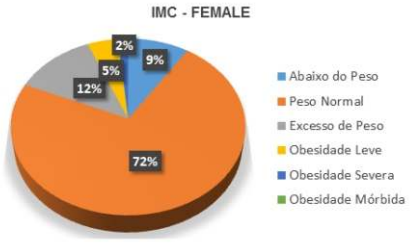


Figure 1: Shows the situation regarding obesity through BMI of our female society where 9% of people are underweight, 72% are with normal weight, 12% are overweight, 5% are mildly obese 2% are severely obese and none of the investigated had morbid obesity.

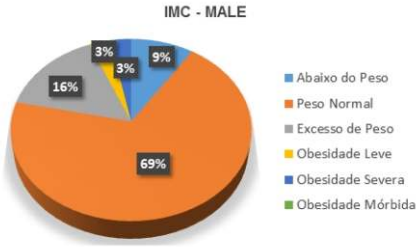
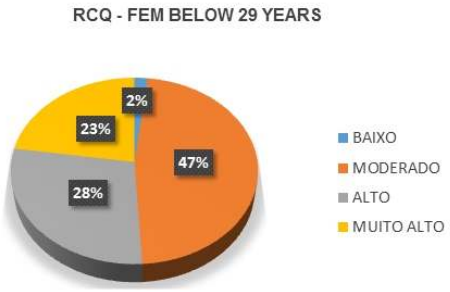


Figure 2: Shows the situation regarding obesity through BMI of our male society, where 9% of people are under weight, 69% are with normal weight, 16% are overweight, 3% are mildly obese, 3% are severely obese and none of the investigated had morbid obesity.



Picture 3: Through this we can see how is the ratio waist female Hip where 2% are low cardiovascular risk, 47% with moderate risk, 28% with high risk and 23% with very high risks.

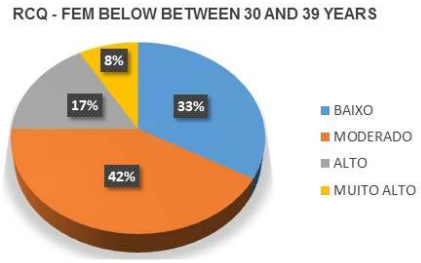


Figure 4: Through this we can see how is the ratio waist female hip, where 33% are at low cardiovascular risk, 42% with moderate risk, 17% with high risk and 8% with very high risks.

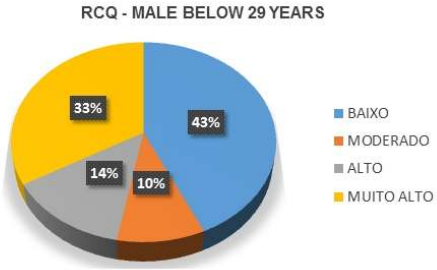
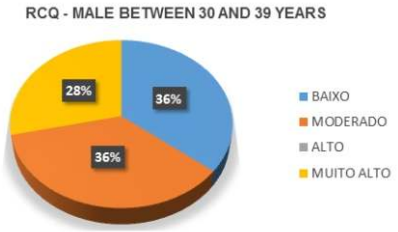


Figure 5: Through this we can see how is the ratio waist male hip, where 43% are at low cardiovascular risk, 10% with moderate risk, 14% with high risk and 33% with very high risks.



Picture 6: Through this we can see how is the ratio waist male hip, where 36% are at low cardiovascular risk, 36% with moderate risk, none of the investigated were at high risk and 28% with very high risks.

CONCLUSION

Through these results, we can see that much of the population investigated, okay, for obesities and its risks, as metabolic problems. But still there are people with some problems and coronary risk and solutions can be taken to these people as a nutritional medical supervision, regulation of physical activity, a balanced diet and especially the monitoring of a professional physical education because we know that with a multidisciplinary team can get to prevent such diseases such as obesity.

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OBESITIES RELATIONS AND CONCEPTS OF APPLICATIONS IN OUR SOCIETY

ABSTRACT

In this article we will study and investigate concepts of BMI (Body Mass Index) which means body mass index and that it is a measure of the level of fat each person is an average of international benchmark recognized by the WHO (World Health Organization Cheers). This article aimed to search for family members and close friends. This is a quantitative research descriptive, where the work was first started with our relatives, neighbors, close friends, co-workers and school. 129 people were investigated, 64 females, between 15 and 39 years old, with a mean of 21 years and 65 males, between 15 and 39 years of age, averaging 23 years. Through these results, we can see that much of the population investigated, okay, for obesities and its risks, as metabolic problems. But still there are people with some problems and coronary risk and solutions can be taken to these people as a nutritional medical supervision, regulation of physical activity, a balanced diet and especially the monitoring of a professional physical education because we know that with a multidisciplinary team can make the prevention of such diseases such as obesity.

KEYWORDS: Obesity, BMI, WHR

RÉSUMÉ

Dans cet article nous allons étudier et d'enquêter concepts de l'IMC (Indice de Masse Corporelle) ce qui signifie que l'indice de masse corporelle et qu'il est une mesure du niveau de la graisse chaque personne est une moyenne de référence internationale reconnue par le (OMS Organisation Mondiale de la Santé la santé). Cet article vise à rechercher des membres de la famille et les amis proches. Ceci est une recherche quantitative descriptive, où le travail a été commencé avec nos parents, des voisins, des amis proches, collègues de travail et l'école. 129 personnes ont été étudiés, 64 femmes, âgés de 15 et 39 ans, avec une moyenne de 21 ans et de 65 hommes, entre 15 et 39 ans, avec une moyenne de 23 ans. Grâce à ces résultats, nous pouvons voir que la majeure partie de la population étudiée, d'accord, pour les obésités et ses risques, comme des problèmes métaboliques. Mais il ya encore des gens avec des problèmes et des risques et des solutions coronarienne peuvent être prises pour ces gens comme une surveillance nutritionnelle médicale, le règlement de l'activité physique, une alimentation équilibrée et en particulier la surveillance d'un professionnel de l'éducation physique parce que nous savons que, avec un équipe pluridisciplinaire peut faire de la prévention de ces maladies comme l'obésité.

MOTS-CLÉS: Obésité, IMC, WHR

RESUMEN

En este artículo vamos a estudiar e investigar conceptos de IMC (Índice de Masa Corporal) que significa el índice de masa corporal y que es una medida del nivel de grasa cada persona es un promedio de referencia internacional reconocida por la OMS (Organización Mundial de la Salud de la OMS salud). Este artículo apunta a la búsqueda de familiares y amigos cercanos. Se trata de una investigación cuantitativa descriptiva, donde el trabajo se inició primero con nuestros familiares, vecinos, amigos cercanos, compañeros de trabajo y la escuela. 129 personas fueron investigadas, 64 mujeres, de entre 15 y 39 años de edad, con una media de 21 años y 65 varones, de entre 15 y 39 años de edad, con un promedio de 23 años. A través de estos resultados, podemos ver que gran parte de la población investigada, bien, para obesidades y sus riesgos, como problemas

metabólicos. Pero todavía hay personas con algunos problemas y riesgos y soluciones coronaria se pueden tomar para estas personas como una supervisión médica nutricional, la regulación de la actividad física, una dieta equilibrada y sobre todo la supervisión de un profesional de la educación física, porque sabemos que con un equipo multidisciplinario puede hacer que la prevención de enfermedades tales como la obesidad.

PALABRAS CLAVE: Obesidad, IMC, WHR

RELAÇÕES DE OBESIDADES E APLICAÇÕES DE CONCEITOS EM NOSSA SOCIEDADE

RESUMO

Nesse artigo iremos estudar e investigar conceitos do IMC (Índice de Massa Corporal) que significa Índice de Massa Corporal e que trata-se de uma medida do nível de gordura de cada pessoa, é uma média de referência internacional reconhecida pela OMS (Organização Mundial da Saúde). O presente artigo objetivou pesquisar familiares e amigos mais próximos. Trata-se de uma pesquisa quantitativa do tipo descritiva, aonde primeiramente o trabalho foi iniciado com nossos parentes, vizinhos, amigos próximos, colegas de trabalho e da escola. Foram investigadas 129 pessoas, sendo 64 do sexo feminino, entre 15 e 39 anos de idade, com média igual a de 21 anos e 65 pessoas do sexo masculino, entre 15 e 39 anos de idade, com média de 23 anos. Através dos resultados encontrados, podemos visualizar que boa parte da população investigada, está bem, em relação a obesidades e seus riscos, como problemas metabólicos. Mas mesmo assim existem pessoas com alguns problemas e risco coronariano e soluções podem ser tomadas para essas pessoas, como um acompanhamento médico nutricional, regulamentação de atividades físicas, uma dieta balanceada e principalmente o acompanhamento de um profissional de Educação Física, pois sabemos que com uma equipe multidisciplinar pode-se fazer a prevenção de tais doenças como é o caso da obesidade.

PALAVRAS-CHAVE: Obesidade, IMC, RCQ