Unveil the causes and complications of underweight, overweight and obese among young adults

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Among developing countries, the prevalence of being underweight is rising when compared with the overweight and obese population in young adults have been a major public concern that will shape the future of every individual's health. The present study aims to provide recent estimates of the prevalence of underweight, overweight, and obese and its influencing factors and complications in younger adults. Among 1004, the overall prevalence rates of underweight, overweight and obese were found to be 18.8%, 12.3% and 3.7% respectively. The majority of the participants were newly diagnosed with prediabetes and prehypertension conditions, and nearly a quarter had a possible risk of developing thyroid and polycystic ovarian syndrome. Management of these health consequences decreases the progression of the risks that should be prevented.

Keywords: Diabetes, hypertension, obese, thyroid, underweight.

The prevalence of obesity in India is 40.3% in 2021. The south had the most zonal variance at 46.51%, and the east had the lowest variation at 32.96%. Reduced physical activity (43.7% inactive versus 32.5% not active), and higher education were linked with obesity incidence (44.6% in college versus 38% not educated)[5].

According to the WHO, a moderate waist–hip ratio (WHR) is 0.9 or less for men and 0.85 or less for women[6]. A WHR of 1.0 or higher increases the risk of heart disease and other conditions that are linked to being overweight in both men and women[7].

Over recent decades across the world and in India, obesity rates have increased in early adulthood due to lifestyle changes, lack of physical activity, increased intake of energy-dense foods that are high in fat, sugar, high in salt, and micronutrient-poor foods like junk food, packed foods, fried foods and drinks like soft drinks, sugary drinks which are more often associated with obesity.