

NATIONAL NUTRITION MONTH

Rashtriya Poshan Maah

#PoshanMaah2021
1-30 September 2021

Converging towards a healthy walk through life

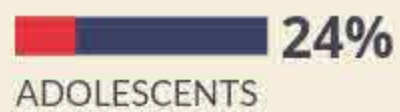
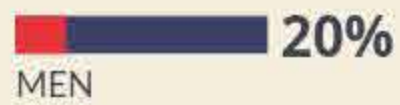
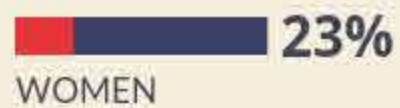


Weight Management

Weight Management is a principle that involves lifestyle management to attain and maintain a healthy weight (either by losing or gaining weight), through diet & exercise.

1 Nutritional Status of Indians

Underweight



Overweight



Source: NFHS-4 (2015-16); CNNS (2016-18)

2 Factors impacting Healthy Weight

Genetics

Genes have a role to play in your weight control as they affect both the amount and the location of fat you store in your body.

Age

Many people start gaining weight as they age (also called as Sarcopenic Obesity).

Diet and Physical activity

Consuming unbalanced calories and/or FAD diets generally coupled with limited physical activity can lead to unhealthy weight gain, in a long term.

Diseases and Medicines

Some of the lifestyle disorders such as Diabetes, Hypertension, Hyper-Hypothyroid can affect your body weight.

Source: CDC, NIDDK (National Institute for Diabetes, Digestive and Kidney Diseases)



3 Few Consequences of

Underweight

- Hair loss & Hair thinning
- Fragile Bones
- Poor Digestion
- Poor Pregnancy outcomes

Overweight

- High Blood Pressure (Hypertension)
- Type 2 Diabetes
- Coronary Heart Disease
- Problems with Fertility and Pregnancy

5 How to achieve Healthy Weight?

Achieving and maintaining a healthy weight involves holistic, sustainable approach of lifestyle, behavior and dietary modification.

FOR WEIGHT LOSS

- Understand your BMI, BMR and Calorie requirements from a qualified coach (Registered Dietician/HCP).
- Eat a well-balanced diet.
- Practice portion control.
- Make your diet protein & fiber rich as they promote satiety.
- Eat small frequent meals.
- Avoid skipping meals (as a regular practice).
- Regular physical activity (at least 30-45 mins for 3-5 times a week).

FOR WEIGHT GAIN

- Include foods which are energy dense, keeping in mind your daily needs.
- Avoid skipping meals (as a regular practice).
- Balance portion size by increasing serve size of the meal (over a period of time in a systematic manner).
- Include healthy fats from nuts, seeds and lean meat.
- Include proteins (animals & plant sources)
- Regular light exercise to stimulate hunger.

4 What is Ideal Body Weight (IBW)?

Ideal Body Weight is the optimal weight associated with maximum life expectancy (for a given height).

Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Body weight(kg)}}{\text{Height(m}^2\text{)}}$$

WHO recommended healthy BMI range as 18.5 - 25 for both males and females. Based on the BMI range, it is possible to find out a healthy weight for any given height.

Below 18.5 Underweight

18.5- 24.9 Normal weight

25.0- 29.9 Overweight/ Pre- obesity

30 & above Obese

Source: World Health Organization

6 Pro Tip!

Always develop your weight management goals basis the recommendation of a **Registered Dietician /Health Care Practitioner/ Wellness Expert and avoid any self-prescribed Diets/Meal replacers/Supplements/Medicines etc.,** to avoid any serious medical issues subsequently and also to develop a more sustainable & a healthy way of managing your weight.