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Handling obesity epidemic: Through psychosocial intervention

Komal Verma

Amity Institute of Behavioral and Allied Sciences, India

In today's world, one of the most grappling concerns with respect to health issues is obesity and especially pediatrics obesity. There have been cases where the causes for overweight were medical reason but the intervention which really made the difference was use of eclectic approach. In this approach, holistic health is taken care off by involving all the stakeholders related to the obese individual. According to WHO, obesity is a nutritional health issue that has excessive storage of energy in the form of fat as per height, weight, race and gender. Obesity can lead to various other health problems like diabetes, heart disease, high blood pressure etc. Though people have been trying out numerous ways of controlling/reducing weight but the fight against obesity has become a major challenge for children, adults and health practitioners worldwide. This research article aims to understand the bio-psychosocial causes and consequences of the obesity that can help to create an effective approach for the health professionals to handle current obesity epidemic.

Biography

Komal Verma is currently working as the Head of Amity Institute of Behavioral and Allied Sciences. She has published more than 25 papers in reputed journals and has been serving as an Editorial Board Member of repute.

komalverma01@gmail.com