

World Obesity Day- awareness program

Anti obesity day is observed in various parts of the world on November 26, with several healthcare organizations and leading media primarily in India and the Gulf Cooperation Council (GCC) countries.

In Tagore Dental College and Hospital it's the first time we had organized such program by the Department of Public Health Dentistry. According to WHO, overweight and obesity pose the fifth leading risk for global deaths. In 2001, the Indian wellness brand VLCC founded by Mrs.Vandana Luthra, took the first step towards creating awareness about obesity and its ill effects through the creation of an anti-obesity initiative to address the global pandemic. In 2012, VLCC had tied up with the United Nations World Food Programme (WFP), to launch the "Global Balance Program".

VLCC's anti-obesity campaign includes organizing health camps, mass counseling sessions, and talk-shows with health experts, besides extensive media interactions, and dissemination of special literature on obesity.

The Department of Public Health Dentistry conducted the programme between 9.45am-11.45am in Tagore Dental College and Hospital.

The programme was divided into three groups:

Group 1- BMI calculation.

Group 2-AV about risk factors, causes and ill effects of obesity.

Group 3- poster about healthy and unhealthy foods and food pyramid.

GROUP 1

Height and weight of the participants were recorded and their BMI was calculated. The participants were explained about their current BMI status and about the ideal range.

GROUP-2

A video was shown to the participants and was explained about the causes and risks of obesity.

Special attention was given to childhood obesity.

GROUP-3

Children were asked to identify healthy and unhealthy food from the poster. Were explained regarding healthy diet in the form of food pyramid.

The programme was mainly to convey the information that fat is bad for our health, and those we should lose weight by eating better and exercising more.