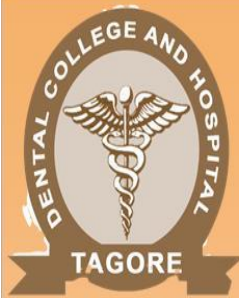


REPORT ON
WORLD ANTI OBESITY DAY CELEBRATION -2019

DEPARTMENT OF PUBLIC HEALTH DENTISTRY
TAGORE DENTAL COLLEGE AND HOSPITAL



TAGORE DENTAL COLLEGE & HOSPITAL
RATHINAMANGALAM CHENNAI 600 127

Department of public health dentistry



ANTI
OBESITY
DAY

Say no to obesity.....

PROGRAM DETAILS

PROGRAM	ANTI OBESITY DAY CELEBRATION– 2019
DATE	04/12/2019
DAY	WEDNESDAY
VENUE	RATHINAMANGALAM HIGHER SECONDARY SCHOOL
DEPARTMENT ORGANISED	PUBLIC HEALTH DENTISTRY
PARTICIPANTS	DEPARTMENT STAFF -2 INTERNS -7
EDUCATIONAL AIDS	AWARNNESS SPEECH ON OBESITY CHARTS & PLACARDS ON OBESITY & BMI MEASUREMENT.

WORLD ANTI OBESITY DAY

World anti-Obesity Day is a Global awareness event that happens annually on 26th November. The primary goals of the day are promoting solutions to the obesity crisis, raising awareness, supporting advocacy and improving policy around the issue of treating and preventing obesity.

Obesity is defined by the World Health Organization (WHO) as “Abnormal or excessive fat accumulation that presents a risk to health”. Obesity causes significant health, economic and social burdens every year.

Obesity is responsible for a number of illnesses including diabetes, liver disease, heart disease and many types of cancer. World Obesity Day was first launched in 2015 by the World Obesity Foundation, a registered charity made up of over 50 regional and national obesity associations.

Objectives:

- Raising awareness about healthy dietary patterns and risks of adopting unhealthy dietary system.
- Raising awareness about obesity risks.
- Encouraging physical activity for at least 30 minutes a day.
- Highlighting MOH's services to lose excess weight.

PROGRAM DETAILS:

As a part of world anti-obesity day 2019, Awareness programme was organized on 4th December 2019 by the Department of public health dentistry, Tagore dental college & Hospital at government higher secondary school, Rathinamangalam.



ACTIVITIES PERFORMED:

1. Health talk on obesity

Few CRRIs of our department delivered health talk to students from grade 6 to grade 8 on causes, risk factors, complication, treatment and prevention of obesity.



2. Display of charts and placards

Various facts and statistics regarding adverse effect of obesity were shown to school children's with the help of charts and placards.



3. BMI Measurement

Body mass index (BMI) is the recommended method for diagnosing overweight and obesity. It evaluates the relationship between body weight and height.

We calculated BMI using the formula.

BMI = kg/m^2 where kg is a person's weight in kilograms and m^2 is their height in metre square. After calculating we categorized children's into four categories: underweight, normal, overweight, and obese.



4. Individual counseling

After calculating the BMI for each students health counseling was given by a CRRI, indivually to each students according to their required needs. Each students were informed about their BMI status and referral card was also given.



Number of students benefited

1. Number of Students- 140
2. Number of boys- 56
3. Number of girls - 84

We thank the institution and our Principal **Dr. Chitraa R Chandran** for the motivation and rendering us such an opportunity to conduct this programme.

LIST OF PARTICIPANTS:

<u>CRRI</u>	<u>STAFF</u>
1. Suraj CRRI	8. Dr. B. Kumara Raja M.D.S
2. SreeLalitha CRRI	9. Mr. Anatha Krishnan
3. Soorya Kumar CRRI	
4. Suvetha CRRI	
5. Sneha CRRI	
6. Agalya CRRI	
7. Baranidharan CRRI	