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INCREASE IN OVERWEIGHT POPULATION DURING COVID19 LOCKDOWN

Overweight is an increase in the body fat which can be as a result of too much intake of food especially of low quality. Being over wright does not mean it cannot be regulated, we have different control methods such as diet control, exercise and so on.

Some Africans today misinterpret the word obese with overweight, obesity worldwide has more than doubled since 1980. According to research in 2014, more than 1.9billion adults, (18 years and above), were overweight. Of these, over 600 million were obese, which implies 39% of adults aged 18 years and over, were overweight in 2014 while 13% were obese.

WHO defines overweight as BMI greater than or equal to 25, while obesity is a BMI greater or equal to 30, where BMI is Body Mass Index. In Nigeria, obesity is an emerging public health problem, especially among the women of child bearing age and coexists with underweight in the same population and household.

Now looking into Ekiti State overweight population, we need to consider some factors such as gender, social class, educational status etc. Eight percent of the adolescent in the index study population were obese, 83% of the obese adolescents were females while others were male. Previous studies on market women in Nigeria revealed the prevalence of overweight ranging between 20.4% and 31.3% whereas that of obesity was between 12.3% to 48%.

During this COVID19 pandemic, many people have been living a sedentary lifestyle, due to the lockdown, this has worsened the case of overweight/obesity in our society. Many people are ignorant of the type of food they should consume and the quantity per meal time. Eating proper portions is as important as eating the right food.

Overweight can cause many health problems like headache, acne, excessive weight gain. Overeating can even affect the way one sleeps, also called sleep apnea, during sleep is when your body truly heals and rebuilds in order to recover itself. We tend to eat food that is not good for our body because it tastes good. We can curb this by eating small portions.

We can eliminate red meat in our diet, anything that is difficult to chew, will also be difficult to digest. We should try not to eat at night and have a good sleeping schedule. Two of the main causes of all diseases are overeating and under sleeping. Vitamins and minerals are also good for our body which are found in fruits and vegetables, they are needed in small quantities but also very essential to the body. Overweight people should learn to avoid sugar, white bread, pasta, caffeine, processed foods, energy drinks. Intermittent fasting can also help in weight reduction in order to stay healthy.

Another important thing to engage in, is exercise while maintaining controlled eating habit. Regular exercise will prevent one from becoming overweight, while those already overweight can easily reduce the weight by engaging in continuous exercise regimes.