

# CLASS 5 , EVS , CHAPTER -3

## HOTS-

- Q1. What is present inside the stomach which makes digestion fast and easy?
- Q2. Mention some conditions in which glucose drip helps out in quick recovery?
- Q3. Why do you think your mouth starts watering when you see some good food in front of you?
- Q4. Describe obesity ?
- Q5. Why is a fit and active lifestyle important for health and well being ?

## CASE STUDY

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters ( $\text{kg}/\text{m}^2$ ).

BMI provides the most useful population-level measure of overweight and obesity as it is the same for both sexes and for all ages of adults. However, it should be considered a rough guide because it may not correspond to the same degree of fatness in different individuals.

For children, age needs to be considered when defining overweight and obesity.

In 2016, more than 1.9 billion adults aged 18 years and older were overweight. Of these over 650 million adults were obese.

- In 2016, 39% of adults aged 18 years and over (39% of men and 40% of women) were overweight.
- Overall, about 13% of the world's adult population (11% of men and 15% of women) were obese in 2016.
- The worldwide prevalence of obesity nearly tripled between 1975 and 2016.

In 2019, an estimated 38.2 million children under the age of 5 years were overweight or obese. Once considered a high-income country problem, overweight and obesity are now on the rise in low- and middle-income countries, particularly in urban settings. In Africa, the number of overweight children under 5 has increased by nearly 24% percent since 2000. Almost half of the children under 5 who were overweight or obese in 2019 lived in Asia.

Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.

The prevalence of overweight and obesity among children and adolescents aged 5-19 has risen dramatically from just 4% in 1975 to just over 18% in 2016. The rise has occurred similarly among both boys and girls: in 2016 18% of girls and 19% of boys were overweight.

Q1. What was the count of obese children in 2016?

Q2. What is BMI ?

Q3. What is obesity?

Q4. What is the increased % of overweight children in Africa?