



EDITORIAL

OBESITY AMONG THE YOUTH

Body Mass Index (BMI), defined as weight in Kilograms divided by the square of the height in metres, correlates with the surface area of the individual. Underweight is regarded as present when the BMI is $<18.5 \text{ kg/m}^2$, normal when the BMI is between 18.5 to 25 kg/m^2 ; and overweight when weight is between 25 and 30 Kg/m^2 . Obese is when the BMI is over 30 Kg/m^2 . Like all parts of the world, obesity is rapidly becoming a problem in all age groups in developing countries. This has more than doubled compared to rates of more than 10 years ago.

The changing patterns of weight in our youth are also found in the middle-age groups in developing countries. Likewise, stunted growth

is rapidly dropping because of improved living standards across developing countries. Fast foods are becoming the harm in urban centres and their contribution to higher BMIs is known.

Overweight young adults grow into overweight/ obese middle-aged people and eventually grow into overweight/ obese adults. Overweight and obesity are closely linked to diabetes mellitus and cardiovascular diseases. These two are becoming more common in our young population.

To stem these trends, it is imperative to embrace regular exercises in our lives. We should also reduce the amount of fast foods consumed.



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*African Journal of
Health Sciences*