

## Why Physiologically Cold weather can Increase Obesity Rates ?

Nasim Habibzadeh<sup>1,\*</sup>

PhD in Sport Science, Department of Sport Science, Teesside University, UK

### Abstract

Obesity generally accounts for a pathophysiology condition at which excessive body fats get accumulated in body parts. Among different - causes, ambient temperature such as cold environment can dramatically develop obesity in different individual. Cold weather influences the hormones that are related to the hunger and increases appetite toward overeating and subsequently inactivity . Controlling the calorie intakes through informative care are good strategies to prevent or govern obesity at any situation such as cold temperature.

**Corresponding Author:** Nasim Habibzadeh, PhD in Sport Science, Department of Sport Science, Teesside University, UK, Email: [nasimhabibzadeh@yahoo.com](mailto:nasimhabibzadeh@yahoo.com)

**Keywords:** Cold weather, Obesity, Preventive strategies

**Received:** Dec 15, 2018

**Accepted:** Dec 15, 2018

**Published:** Dec 16, 2018

## Introduction

Obesity generally is a major epidemic concern across countries. Obesity generally accounts for a pathophysiology condition at which excessive body fats

get accumulated in different parts of body. Obesity can be hereditary (or genetics) or can induce in short or long-term in many ways [1]. There are six different types of obesity (Fig1).

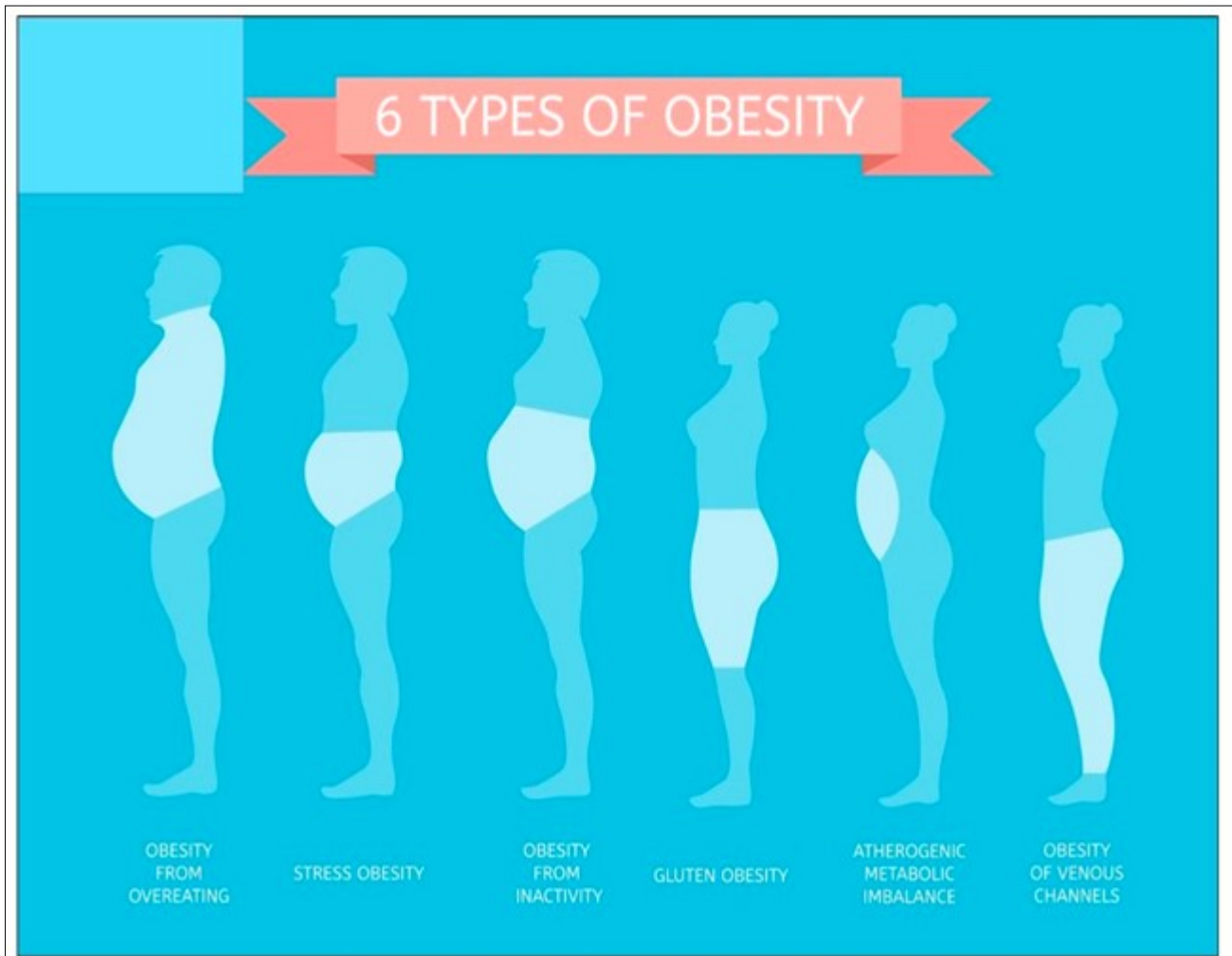


Figure 1. Types of obesity

Being obese or overweight dramatically increase the risk of variety illnesses and health problems. Obesity enhance risks of cardiovascular diseases such as hypertension, heart diseases, stroke and diabetes Miletus. Certain forms of cancers are the outcomes of being obese or overweight. Extra weight in obese people increase the risk of the arthritis and bone fractures. There is greater possibility of falls during perturbation in obese individual. Obesity can lead to the mental health and depressions too [2,3,4].

These aforementioned illness are non-fatal difficulties of obesity which cause high level of economical burdens across globs [5]. Obesity is

associated with high risk of morbidity and all-cause mortality in large perspective every year. In fact ,obese individual are at higher risk of early death than other underweight or normal body weight counterparts [6].

Sedentary life styles can significantly increase the states of being overweight or obese. Obese people are not interested to move much and do not perform any exercise or even leisure - physical activity at each day. They are strong TV viewers and consume different types of fast or sweet foods without having any bad feeling about the amount of foods which they actually eat [7].

Among different causes of obesity, the ambient temperature such as cold environment is one major factor. Cold weather influences the hormones that are related to the hunger and appetite and impacts overall metabolite rates. Cold weather exposures increase the energy expenditures or energy intakes that caused to an increased appetite toward overeating to preserved the body energy level. Cold temperature enhance the desire of consuming more sweet foods such as cakes, chocolate and may different type of desert that could significantly affect weight gain is short - term [8,9]. Cold weather also can cause kind of sedentary lifestyle for whom do not hold any specific social position. Thus, some people prefer to stay in cozy and warmer environment in accordance the condition which they have rather than being outside and to stay more active.

Nonetheless, preventive strategies such as performing some simple exercise like 10-15 minutes moderate walking even at home and governing the energy intakes can be effective approaches to prevent or control obesity. Different types of nuts, fruits and vegetables are good substitutes for sweet foods and notably reduce the desire of using other fast - food products. Controlling the calorie intakes through a balanced diet by increasing of the general information about different diets and foods from various social media or other sources like dieticians is another good procedures to prevent obesity at any conditions and in cold ambient in particular.

## References

1. Ng M, Fleming T, Robinson M, Thomson B, Graetz N, Margono C, et al. Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: a systematic analysis for the Global Burden of Disease Study 2013
2. Drake AJ, Reynolds RM. Impact of maternal obesity on offspring obesity and cardiometabolic disease risk. *Reproduction*. 2010 Sep 1;140(3):387–98
3. Flint AJ, Hu FB, Glynn RJ, Caspard H, Manson JE, Willett WC, et al. Excess Weight and the Risk of Incident Coronary Heart Disease Among Men and Women. *Obesity*. 2010 Feb;18(2):377–83
4. Lindholm V, Lahti J, Rahkonen O, Lahelma E, Lallukka T. Joint association of physical activity and body weight with subsequent physical and mental functioning: a follow-up study. *BMC Public Health*. 2013;13(1):197
5. Hruby A, Hu FB. The Epidemiology of Obesity: A Big Picture. PMID: 25471927
6. Abdelaal M, le Roux CW, Docherty NG. Morbidity and mortality associated with obesity. *Ann Transl Med*. 2017 Apr; 5(7): 161
7. Barnes AS. Obesity and sedentary lifestyle .*Tex Heart Inst J*. 2012; 39(2): 224–227
8. Moellering DR , Daniel L. Smith, Jr,DL. Ambient Temperature and Obesity. *Curr Obes Rep*. 2012 Mar 1; 1(1): 26–34
9. Johnson F, Mavrogianni A, Ucci M, Vidal-Puig A, Wardle J. Could increased time spent in a thermal comfort zone contribute to population increases in obesity? *Obes Rev*. 2011;12:543–551