

REPORT ON HEALTH EDUCATION AND AWARENESS SESSION ON OBESITY

Date: 03 January 2025

Place: Koovanur Village

Introduction

Under the guidance of the Head of the Department, Community Medicine, a health education and awareness session was conducted for the general public of Koovanur village. The program aimed to create awareness about obesity, its increasing prevalence, associated health risks, and the importance of preventive lifestyle practices.

Participant profile

A total of **25 participants** from the Koovanur Village attended the program & actively engaged throughout the session.

Organizing Team

The program was conducted by:

- **Dr. Kalaivanan R**
- **Health Inspectors:** (Mr. Deiveegan , Mr. Arikrishnan)
- **CRMIs:** 3 interns from the Department of Community Medicine

Objectives of the Program

- To educate the public about obesity and its causes
- To explain the risk factors contributing to obesity
- To create awareness about the complications associated with obesity



Definition and Causes of Obesity

Obesity was explained, as a condition characterized by excessive accumulation of body fat, which poses a serious threat to health and has emerged as a major public health problem. The session emphasized its rising prevalence and impact on individuals and communities. The causes of obesity were discussed in detail, including unhealthy dietary habits such as frequent intake of calorie-dense and nutrient-poor foods, sedentary lifestyle, and lack of regular physical activity. Genetic predisposition and environmental factors, such as easy access to processed foods and reduced physical activity in daily routines, were also highlighted. In addition, key risk factors like excess calorie consumption, physical inactivity, stress, and poor sleep patterns were explained as contributors to the development of obesity.

Complications and Preventive Measures

The health complications of obesity were elaborated to underline its seriousness, including diabetes mellitus, hypertension, cardiovascular diseases, joint-related problems, and an overall reduction in quality of life. The importance of early prevention and lifestyle modification was strongly emphasized. Preventive measures were discussed which included adopting a balanced and nutritious diet, engaging in regular physical activity, avoiding junk and fast foods, and maintaining a healthy body weight. Participants were encouraged to practice long-term healthy lifestyle habits to prevent obesity and reduce the risk of associated non-communicable diseases.



Interactive Session

The session concluded with an **interactive question and answer discussion**. The public actively participated by asking questions related to diet, exercise, and weight management. Appropriate clarifications and practical suggestions were provided by the team members.

Outcome of the Program

- The public gained improved knowledge about obesity and its health consequences.
- Awareness regarding preventive measures and healthy lifestyle practices was enhanced.
- Participants showed keen interest in adopting healthier dietary and physical activity habits.

Conclusion

The health education and awareness session on obesity conducted at Koovanur village was successful and well received by the public. The program effectively conveyed key messages on the prevention and control of obesity, thereby contributing to the promotion of community health and prevention of non-communicable diseases.

