

places to spread messages about kidney diseases, complications and its prevention and cure all across the countries.

Following points are enumerated in question and answer form for your help.

Q. What is obesity?

A. Obesity is excessive fat over body, measured as BMI > 30 kg/m²

Overweight BMI > 25 kg/m²

Excessive weight for that height of a person

Cut off for Asians populations is lower – overweight as a BMI greater than 23 (compared to 25) and obese as 27.5 (rather than 30)

Q. Why obesity is concern for kidney diseases?

A. Obesity has strong association with diabetes and hypertension which altogether accounts for 75% cases of CKD.

Obesity enforces kidneys to work hard for the need of metabolic demand resulting in hyperfiltration injury and CKD.

Q. What is the risk association of CKD and end stage renal disease (ESRD) with obesity?

A. For each unit increase in BMI above 27 kg/m², there is 7% increased risk of ESRD

BMI of more than 30 kg/m² increases the risk of ESRD by 16%

In general population obesity increases risk of low GFR by 28%

Q. What are other different diseases which are associated with obesity?

A. Obesity is associated with hypertension, diabetes, dyslipidemia, atherosclerosis, osteoarthritis, sleep apnea syndrome, fatty liver, gall bladder diseases, osteoarthritis, cancer and mental disorders.

Q. What are the different cancers which are associated with obesity?

A. Endometrial cancers, breast, ovarian cancer, prostate, liver, gall bladder and kidney cancer are associated with obesity.

Q. What are special concerns about obesity in low income countries like India and particularly UP and Bihar?

A. Low income population faces double burden, rural population is facing significant burden of under nutrition and malnutrition along with infectious diseases and urban population is facing challenges of overweight and obesity.

Q. Is there any good news in obesity as far as CKD and other chronic diseases are concerned?

A. Yes, obesity is a preventable problem. By preventing obesity, you can prevent the burden of obesity-related disease.

Q. How to prevent obesity?

A. Suggestions:

1. Eat more fruit, vegetables, nuts, and whole grains only if you have normal renal function.
2. Exercise, even moderately, for at least 30 minutes a day.
3. Cut down your consumption of fatty and sugary foods.
4. Use vegetable-based oils rather than animal-based fats.

Decrease Obesity- Live healthy

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