

## Strategies on Weight Management

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### Editorial Note

Overweight or obese refers to having more body fat than is optimally healthy. Obesity is especially common in areas where food is plentiful and lifestyles are sedentary. Here is a food available for human consumption is referred to as the dietary energy supply, which is usually expressed in kilocalories or kilojoules per person per day. It overestimates the total amount of food consumed because it includes both food consumed and food wasted. It varies greatly between regions and countries around the world. It has also evolved significantly in the twenty-first century. Obesity rates are related to dietary energy supply. A sedentary lifestyle, as opposed to an active lifestyle, is one in which little to no physical activity and exercise is undertaken. A sedentary person spends much of the day sitting or lying down, engaged in an activity such as socializing, watching television, playing video games, reading, or using a mobile phone and computer. Sedentary contributes to poor health quality, diseases, and many preventable causes of death.

### Classifications

The overweight classifications are six types and here explain briefly

**Body mass index:** The obesity classification is a classification of obesity, a medical condition in which excess body fat has accumulated to the point where it is detrimental to health. The body mass index (BMI) is a weight-for-height calculation that takes a person's height into account. It can be calculated using the following formula: BMI is calculated by dividing a person's weight (mass) in kilo grams by the square of the person's height in metres. The units are thus kg/m<sup>2</sup>, but BMI measurements are commonly used and written without units.

**Simple weighing:** The weight of a person is measured and compared to an estimated ideal weight. This is the simplest and most common method, but it is by far the least accurate because it only measures one quantity (weight) and frequently ignores many factors such as height, body type, and relative muscle mass. Skeletal muscles (also known as muscles) are organs of the vertebrate muscular system that are mostly attached to skeleton bones by tendons. Skeletal muscle cells are much longer than those in other types of muscle tissue and are

often referred to as muscle fibers. Skeletal muscle tissue is striated, giving it a striped appearance due to the arrangement of the sarcomeres.

**Skinfold calipers:** The skin is pinched at various points on the body, and the thickness of the resulting fold is measured. This measures the thickness of the fat layers beneath the skin, from which a general estimate of the total amount of fat in the body is calculated. This method is reasonably accurate for many people, but it assumes specific fat distribution patterns throughout the body, which may not apply to all people, and it does not account for fat deposits that are not directly under the skin. Furthermore, because measurement and analysis generally require a high level of practise and interpretation, an accurate result necessitates the use of a professional. In most cases, patients cannot do it themselves.

**Analyses of bioelectrical impedance:** To measure the electrical resistance of the body, a small electric current is passed through it. Due to the fact that fat and muscle conduct electricity differently, this method can provide a direct measurement of body fat percentage in relation to muscle mass. An object's electrical resistance is a measure of its resistance to the flow of electric current. Its inverse is electrical conductance, which measures the ease with which an electric current flows. Mechanical friction and electrical resistance have some conceptual parallels.

**Weighing by hydrostatic pressure:** This technique, considered one of the more accurate methods of measuring body fat, involves completely immersing a person in water and using special equipment to measure the person's weight while submerged. To determine overall body density, this weight is compared to the "dry weight" recorded outside of the water. Because fat is less dense than muscle, this technique can provide a reasonably accurate estimate of fat content in the body.

**Dual-energy X-ray Absorptiometry (DEXA):** The DEXA imaging, which was originally developed to measure bone density, is now used to precisely determine body fat content by using the density of various body tissues to identify which parts of the body are fat. This test is generally thought to be very accurate, but it necessitates a large amount of expensive medical equipment and trained professionals to perform.