

COVID-19 is more deadly in people with obesity

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Introduction

Obesity is a serious, common and chronic disease. Obesity puts people at risk for many other serious chronic diseases and increases the risk of severe illness from COVID-19[1]. Having obesity, defined as a body mass index between 30 kg/m² and <40 kg/m², severe obesity (BMI ≥ 40 kg/m²), increases the risk of severe illness from COVID-19. Overweight, defined as a BMI > 25 kg/m² but <30 kg/m² might increase the risk of severe illness from COVID-19[2].

COVID-19 pandemic challenges all over the world enormously. People with obesity are more likely than normal-weight people to have other diseases that are independent risk factors for severe COVID-19 disease, including lung illness, heart failures and diabetes. They are also prone to metabolic syndrome, in which blood glucose levels, fat levels, or both are unhealthy and blood pressure may increase[3]. "BMI remains a strong independent risk factor" for severe COVID-19, according to several studies that adjusted for age, sex, social class, diabetes, and heart conditions.

Discussion

For persons with COVID-19 caused by the severe acute respiratory syndrome coronavirus 2, there appears to be a strong relationship between being an individual with overweight and the risks of hospitalization and needing treatment in ICUs[4].

Obesity Worsens the Outcomes from COVID-19 pandemic

- During the COVID-19 pandemic, excess weight individuals experiences the risk of severe infection.
- Having obesity increases the risk of severe illness from COVID-19. People who are overweight may also be at increased risk.
- Having obesity increases the length of hospital stay during covid-19 infection.
- Obesity is linked to impair immune response.
- Obesity decreases lung capacity and can make ventilation more difficult.
- As weight increases, the risk of death from COVID-19 increases.
- Studies have stated that obesity may be linked to lower vaccine responses for numerous diseases.

In addition, COVID-19 created major economic difficulties. The COVID-19 pandemic has brought to all countries the need to restrict movements and implemented social distancing[5]. These adjustments have caused food system problems, including changes in food consumption and physical activity pattern, and remote telework environments that may exacerbate current trends in the prevalence of individuals with obesity[6].

Conclusion

The relationship between individuals with excessive body fat, particularly visceral adipose tissue; individuals with obesity; major cardio metabolic problems, ranging from hypertension to cardiovascular disease to type 2 diabetes; and a number of cancers is strong[7]. The underlying metabolic and inflammatory factors of individuals with obesity also play a considerable role in the manifestation of pulmonary diseases[8]. Susceptibility to acute respiratory distress syndrome, the primary cause of COVID-19 mortality, is significantly greater among individuals with obesity. Mainly, being an individual with obesity increases the risk of mortality rate.

Actions to take

- Taking prescription medicines for overweight, obesity or severe obesity.
- Along with social distancing precautions
- Maintain the physical health
- Mental and dietary habits

Innovative approaches to reduce consumption of ultra-processed foods and increase consumption of healthier foods, like legumes, selected whole grains, vegetables and fresh fruits, are important for all countries.

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