

## Coronavirus Disease (COVID-19) Pandemic Related to Obesity

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### About the Study

Coronavirus disease 2019 (COVID-19) pandemic has led to worldwide research efforts to identify people at greatest risk of developing critical illness and dying. On 31 Dec 2019, Wuhan Municipal Health Commission, China, reported a group of instances of pneumonia in Wuhan, Hubei Province. A novel coronavirus was eventually identified. WHO and partners launch the Solidarity clinical trials, an international clinical trial that aims to generate large data from around the globe to find the most effective treatments for COVID-19, On 18 March 2020.

According to the WHO statistics, globally 15,296,926 cases and 6,28,903 deaths were recorded. It is extremely disastrous that the whole world is generally enduring and looking with an incredible plan to come out of the grasp of COVID - 19.

COVID-19 affects different people in different ways. Mostly infected people will develop mild to moderate illness and recover without hospitalization.

Common symptoms: Dry cough, Fever, Tiredness.

Mild symptoms: Sore throat, Diarrhoea, Headache, Loss of taste.

Serious symptoms: Chest pain, Loss of speech or Movement, Difficulty breathing or Shortness of breath.

Obesity is a complex disease involving an excessive amount of body fat. Obesity is a medical problem that increases the risk of other health diseases and health problems, such as diabetes, heart disease, high blood pressure and certain tumors. Usually, obesity results from a combination of all inherited factors, combined with the environment and personal diet and exercise. Obesity is diagnosed when the body mass index is 30 or greater than 30. BMI provides a reasonable estimate of body fat. However, BMI doesn't directly measure body fat, so some

people, such as muscular athletes, may have a BMI in the obesity category even though they don't have excess body fat.

Having obesity, defined as a body mass index (BMI) of 30 or above, increases the risk of severe illness from COVID-19. "In fact, obesity is the number one risk factor for developing a severe case of COVID-19 in people under the age of 55," Obesity-related conditions seem to worsen the effect of COVID-19; indeed, the Centres for Disease Control and Prevention reported that people with heart diseases and diabetes are at higher risk of COVID-19 complications.

#### Actions to take:

- Take your medications for any basic wellbeing conditions precisely as recommended.
- Follow your healthcare provider's recommendations for nutrition and physical activity, while maintaining social distancing precautions.
- Call your healthcare provider if you have felt sick.
- Contact your nearest community health centre external icon or health department.

Much additionally stressing is that the resultant financial downturn may decline weight, particularly in the weakest people, a hazard that administrations need to address after the current pandemic. For sure, this pandemic has featured that more—not less—must be done to handle and forestall weight in social orders for the counteraction of incessant sickness and more noteworthy unfriendly responses to viral pandemics.

Many studies evidences that chronic diseases may enhance the complexity of the disease. Maintaining proper diet, physical activity and medication might reduce the illness in obese patients.