

REVIEW ARTICLE

**OBESITY RELATED RISK FACTORS AND NON -COMMUNICABLE
DISEASES: A SYSTEMATIC REVIEW**

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Abstract: *Obesity refers to the presence of excess or abnormal weight of the body due to excess amount of fat in the body. Obesity is a morbid status which predisposes for many important non-communicable diseases causing morbidity, mortality and disability. Overweight and obesity primarily happen either due to excess calorie intake or insufficient physical activity or both. Furthermore, various genetic, behavioural, and environmental factors play a role in its pathogenesis. It was revealed that India has plunged into an obesity epidemic which is marked by sudden increase in average income, resulting in having more money at hand resulting in higher purchasing power and being able to spend more on food. Stress, time crunch and sedentary lifestyle are all added accessories. The focus of the present study was to review the research findings from the available reports on the obesity and non -communicable diseases among children and young male as well as female population of India and World. The findings from this review demonstrated that heart disease and the closely related risk factor of obesity are deeply intertwined with our cultural and evolutionary environment. Through various means, we are conditioned, in developed and developing countries, to consume infinitely, which encourages obesity and cardiovascular disease. The framework of this paper strongly advocates the prevention of obesity related risk factors and NCDs.*

Key words: Obesity, Central obesity, non-Communicable diseases, children, adult population, India, World.