



TARANG Health Newsletter

Prime Minister Mr. Narendra Modi has put the spotlight on the problem of obesity in India. The newsletter focuses on this issue.



Are you overweight or obese?








Overweight and obesity are conditions in which a person has an abnormally high and unhealthy proportion of body fat. It increases the risk of poor health outcomes. According to Indian guidelines, a person with a Body Mass Index (BMI) between 18.0–22.9 is considered normal, between 23–24.9 overweight, and over 25 obese.

In adults, a waist circumference greater than 90 cm for men and 80 cm for women is considered obese.

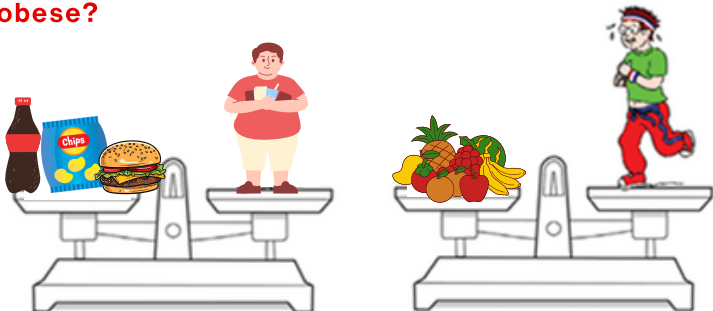


Why is being overweight or obese harmful?

Childhood obesity can cause poor social, mental, and physical health. The social and mental issues tend to occur in the short term, while physical health problems arise over the long term.

Social and Mental health	Physical health
<ul style="list-style-type: none"> Social problems such as bullying  	<ul style="list-style-type: none"> High blood pressure, heart disease and diabetes. 
<ul style="list-style-type: none"> Increased anxiety & depression  	<ul style="list-style-type: none"> Joint problems in bones and muscle discomfort 
<ul style="list-style-type: none"> Low self-esteem  	<ul style="list-style-type: none"> Increased risk of cancers 
	<ul style="list-style-type: none"> Breathing problems such as asthma 

What causes a child to become overweight or obese?



Energy intake > energy expenditure
Overweight/Obese

Energy intake = energy expenditure
Normal weight



Excessive food consumption (energy intake), as compared to the amount of energy expended during physical activity, causes overweight and obesity.

1. Increased intake of foods that are high in fat and sugar:

This includes sugary drinks, processed foods, and junk foods.



2. Lack of physical activity:

Excessive use of computers and mobile phones can lead to a sedentary lifestyle.



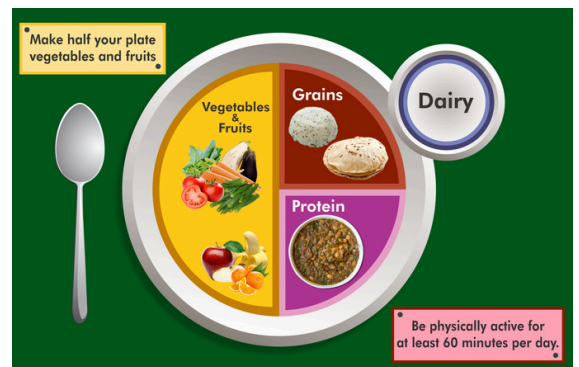
3. Our Genes:

Genes may account for only 5% of all cases of childhood obesity.

What can you and your child do to prevent being overweight or obese?

1. Limit foods and drinks high in sugar, and avoid consuming any junk foods. Replace sugary drinks with water, lassi, milk, or fresh fruit juice. Use fruits and nuts as snack foods.
2. Use the MyPlate mat to eat the required amount of foods from each food group daily.

Half of the daily food intake should consist of vegetables and fruits.



3. Be physically active for at least 60 minutes per day. This includes all types of activity and can be accumulated in short intervals. Encourage the use of stairs instead of lifts. Do yoga and other exercises at home as a family.

Being overweight or obese can be reversed. For India, this is not just a public health crisis but also a major roadblock to achieving the vision of Viksit Bharat by 2047.

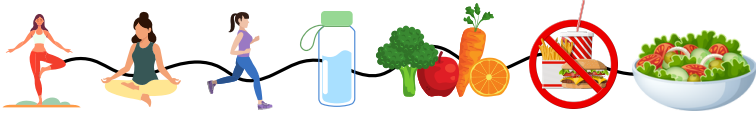
• PARENTS SECTION •

My Simple steps to weight loss



Losing weight is always very difficult. We all give up very easily on this journey, especially if it involves a lot of tiring gym workouts. That was also true for me in the past. Then I started taking very simple steps towards weight loss.

Even I was surprised to see the results, as I lost 6 kg of weight (from 64 kg to 58 kg) in 7 months.



What did I do?

- ✓ Healthy diet was the biggest game changer as I cut off junk food totally and increased the intake of vegetable and fruits. I ate a bowl full of salad in afternoon and that made me feel full.
- ✓ I always keep a bottle full of water. I sometimes adding chia seeds and lemon juice.
- ✓ I have changed my lifestyle habits regarding physical activity. I choose to walk instead of taking on a two-wheeler to nearby places. I prefer to use stairs rather than an elevator, when possible.
- ✓ I do simple yoga every day. I do three sets of Surya Namaskar and 30 sec plank time and pranayama.
- ✓ After my experience, I really feel that weight can be managed and even lost by simple changes in lifestyle habits.

-Anjali Kashyap

• STUDENT TESTIMONIAL •



A Step Towards Strength: Chhavi's Haemoglobin Journey

Chhavi, a Class 7 student at GGSSS, NIT 5, Faridabad, struggled with a haemoglobin level of 10, which caused fatigue and concentration issues. Health programs by Tarang Health Alliance, focusing on nutrition and iron supplementation, brought about a positive change. Chhavi actively participated, and a recent check-up showed that her haemoglobin level had risen to a healthy 12. This improvement has made her more energetic and focused, allowing her true potential to shine. Chhavi's story highlights the impactful role of proactive health interventions in empowering students and promoting their well-being through improved haemoglobin levels.

• HEALTHY TIFFIN SECTION •

Healthy Fruit Chaat Recipe for Breakfast

Ingredients:

- 1 apple (chopped)
- 1 banana (sliced)
- 1/4 cup papaya (diced)
- 7-8 grapes (chopped)
- 1/2 cup orange segments
- 1/2 teaspoon black salt
- 1/2 teaspoon chaat masala
- 1/2 teaspoon honey
- 1 tablespoon chopped nuts
- 2 tablespoons yogurt



Instructions:

- In a large mixing bowl, add all the chopped fruits.
- Sprinkle black salt and chaat masala, then drizzle honey or lemon juice.
- Toss everything gently to mix the flavors.
- Garnish with chopped nuts and yogurt.
- Serve fresh and enjoy a nutritious start to the day!

• STUDENTS SECTION •

Do we need iron in our food?

Yes, we all need iron in our food.

Why?

Iron in our blood allows it to carry oxygen to trillions of cells in our body. The cells in our body need oxygen to function.

What will happen if I don't get enough iron in my diet?

You will feel weak and dizzy. This condition is called "anemia."

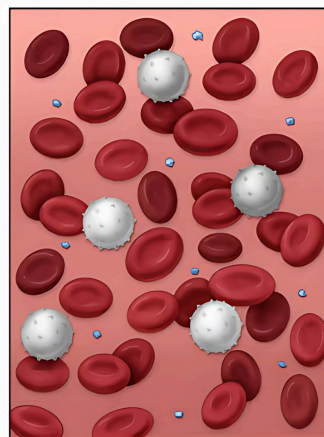
How do I get iron in my diet?

Many foods are rich in iron. Examples include green leafy vegetables like saag, beans, lentils, eggs, and meat or fish if you are a non-vegetarian. Eating citrus fruits like oranges and lemons helps the body absorb the iron in foods.

What should I do if I can't get enough iron in my food?

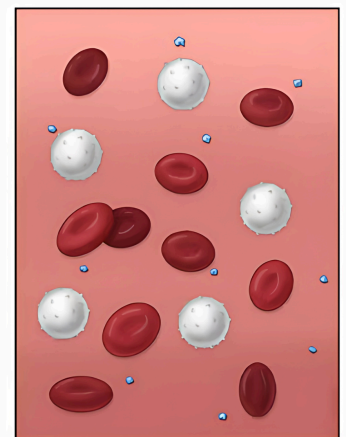
You should take iron and folic acid (IFA) supplements/pills every week to prevent anemia. Folic acid, also known as vitamin B9, helps prevent anemia.

Normal



Many red blood cells

Anemia



Fewer red blood cells

Fact: Most Indian children get only 30-45 minutes of physical activity a day—15-30 minutes less than the WHO recommendation.

Provide us with your feedback; let us know what you would like us to address in this newsletter by writing to us at taranghealthalliance@gmail.com