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## Physical Inactivity, Body Composition and Obesity Risk among Young Adults

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Obesity and physical inactivity seem to have a common evolution and a reciprocal determination with disastrous combined effects on morbidity and mortality. Beside an average increase of weight and the predisposition to overweight and obesity, a decrease in fitness level and skills is observed in the newest generations. The excessive energy intake combined with the decreasing energy expenditure contribute to a concerning balance between fat and lean body mass even in young people. The weight management quantitative issues tackled in this research are weight, body mass index and body composition. The main research question is if the ratio between body fat and muscle mass could return different results regarding overweight and obesity risk, comparing with BMI results. While by calculating BMI the estimated number of overweight and obese subjects was of 14 %, by measuring body fat percentage that number increased to 43% of the young women (19-24 years) in the research sample. The t test returns a significant difference between BMI values and the body fat percentage for the study sample:  $t(155) = 2.37$   $p < 0.01$ . The conclusion is that BMI results may be insufficient for a correct estimation of overweight and obesity risk. The body composition adds useful information about health and fitness status. Considering that muscle mass is decreasing with age, promoting physical activities in preschools, schools, universities and among adults through active transportation, spending time or exercising outdoors as leisure time, or joining sport competitions in a proper environment could prevent sarcopenic obesity. Integrating physical and health education in overweight preventative strategies would have effect in reducing the occurrence of physical and emotional disorders and co-morbidities over the lifetime.

### Biography:

Dr. Cristiana Lucretia Pop is Professor at the Bucharest Economic Studies University, Physical Education and Health Department. Her research interests include: overweight and obesity risk assessment, well-being, quality of life, and promoting physical activity and a healthy lifestyle. She is member of Romanian Agency for Quality Assurance in Higher Education, member of Romanian Athletic Federation women commission and has research collaboration with Romanian Academy, Anthropological Institute Research Center. She is Senior Editor and Editorial Board Member of several reviews in education, health and sport sciences domain.