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Obesity and Hormonal Disorders**Kanishka Upadhyay***ICMR-National Institute of Nutrition, India*

Obesity is an epidemic of the 21 st century and is associated with an increased risk of non- communicable diseases (NCDs). According to the World Health Organisation (WHO), at least 400 billion adults are obese. "Globesity" is linked to shifts in diet and lifestyle, including reduced physical activity and exposure to an obesogenic toxic food environment. Obesity-induced hormonal disorders are the major cause of morbidity and mortality worldwide. These include diabetes mellitus, hypothyroidism, growth hormone deficiency, polycystic ovary syndrome (PCOS) etc. As evidenced by recent studies not only is obesity associated with alterations in hormone levels, hormones may conversely influence the expression of different obesity phenotypes. Endocrinological disturbances seen in obese individuals are caused by changes in adipokine levels, the HPG axis, insulin resistance, mutations in the ob gene, vitamin D deficiency, and steroidogenesis. In women particularly, obesity is associated with breast and endometrial cancer, anovulation, menstrual disorders, fertility, miscarriage and adverse pregnancy-related outcomes. Weight loss in obesity should be emphasised as a key strategy for the restoration of hormonal imbalances. Furthermore, national programs targeting public awareness, education, and improved structural facilities to facilitate a healthy lifestyle are essential to alleviating obesity's hormonal burden.

Biography

Ms. Kanishka Upadhyay has completed her Bachelor's in Biochemistry at the age of 21 from Delhi University, India and further pursued one year post graduate diploma in Dietetics and Public Health Nutrition from Lady Irwin College. She is currently pursuing her Master's degree from ICMR- National Institute of Nutrition and is a certified Food Safety Supervisor, Food Safety and Standards Authority of India (FSSAI). She was a fellow of the Indian National Science Academy back in 2018. A life member of the Nutrition Society of India, her main interests are bariatric surgery, enteral nutrition, infant and young child feeding practices, and oncology nutrition. Her original research paper was published in a reputed journal during her undergraduate studies, and she is currently working on her dissertation on Nutrition Communication and Health Education.