Comment lutter contre l'obésité infantile ?



<u>Lutter Contre Lobesite Combat Davance</u>

Franck Micheli

Lutter Contre Lobesite Combat Davance:

Le Monde .2000 Lutter Contre L'Obesite Pierre Fraser, 2015-09-18 Rendre compte des conditions d'imagence de la lutte contre l ob sit c est aussi rendre compte d un corps socialement attendu Ce corps socialement attendu en Occident prend racine la Renaissance dans les discours du peintre Alberti et le corps de justes proportions de l ducateur Mercurialis et le corps transformable volont et avec du m decin V sale et le corps r parable il s agit l de trois constantes qui traverseront toutes les poques Ce corps socialement attendu sera f d r sous la contenance de soi et la gouvernance de soi issues de la R forme De l une image sociale du corps merge qui se doit d tre contenu et gouvern d o les jugements moraux de plus en plus en s v res port s sur le corps en exc s de masse adipeuse Au XVIIe si cle dans la foul e des trait s de civilit s c est le passage de l id e d tre un corps celle d avoir un corps dont l individu est personnellement et socialement responsable qui culminera au milieu du XIXe si cle avec l'introduction de l'indice de masse corporelle du p se personne du miroir et de la mode l individu est d sormais ma tre et esclave de son image des pieds la t te Cette quantification de soi aura comme impact de confronter directement l'individu son propre poids et ses propres comportements d o la mise en place d'une batterie d interventions d ployer sur le corps pour le maintenir dans une fourchette de poids id al Au milieu du XXe si cle avec la mont e du complexe agroalimentaire de la mont e de l'industrie de la restauration rapide de la transformation profonde du tissu urbain de l'arriv e massive de l'automobile de la transformation des emplois de plus en plus orient es vers le secteur tertiaire se met graduellement en place ce qu'il est convenu d'appeler l'infrastructure de la prise de poids qui entra nera dans son sillage tout un discours de la mod ration Le XXIe si cle se donnera pour mission non pas de modifier l'infrastructure de la prise de poids mise en place au XXe si cle mais de donner l'individu les moyens de lutter contre la prise de poids travers le discours de la saine alimentation et de la discipline personnelle L ob se ou la personne en simple surpoids est d sormais totalement responsable de sa propre condition La place du sport dans la lutte contre l'obésité Franck Micheli,2017 L ob sit est en pleine expansion aussi bien dans le monde qu en France L tat fran ais commence r agir et mettre en place de nombreux programmes de sant et nutrition ayant pour objectif d duquer et de modifier les mentalit s de la population fran aise Pour ce l tat essaie de r unir un maximum de professionnels de sant de secteurs diff rents notamment les pharmaciens pour aider guider et accompagner les personnes touch es par ce fl au Le but de la strat gie mondiale pour l'alimentation l exercice physique et la sant va donc tre de promouvoir et de prot ger la sant en aidant cr er des conditions propices l application de mesures durables au niveau individuel communautaire national et mondial qui ensemble r duiront la morbidit et la mortalit li es une mauvaise alimentation et la s dentarit Ces mesures s inscrivent dans le cadre des objectifs du mill naire d finis par l ONU pour le d veloppement et offrent un potentiel immense pour am liorer la sant publique partout dans le monde L ob sit a de nombreuses incidences sur la qualit de vie des personnes atteintes D un point de vue physique de nombreuses pathologies sont provoqu es ou aggrav es par cette derni re Le diab te de type 2 et l'hypertension art rielle sont

les plus connues mais des probl mes osseux cutan s pulmonaires veineux lymphatiques ainsi que des cancers sont galement des complications fr quemment observ es D un point de vue psychologique une perte totale de confiance en soi est dans la plupart des cas pr sente L isolement le regard des autres et le rejet de son propre corps augmentent tous les jours un peu plus cette perte de confiance Sur le plan professionnel ce surpoids devient un handicap dans la soci t actuelle et ferme de nombreuses portes La prise en charge des patients ob ses est d'une part m dicale avec suivi psychologique et ventuellement op ration mais aussi ducative par le biais d informations m dicales sociales et sportives. Le sport va prendre une place significative dans cette lutte Sur le plan de la sant il va augmenter la capacit respiratoire l'endurance cardiaque diminuer l exc s de masse adipeuse En termes de qualit de vie il va permettre une r insertion dans la soci t en recr ant un contact social via l'activit physique avec d'autres personnes Il va galement permettre de retrouver une confiance en soi perdue Le sport sera donc un pilier dans ce combat contre l ob sit mais il devra tre accompagn d une ducation alimentaire Le d s quilibre alimentaire tant l'origine de cette pathologie des bonnes habitudes alimentaires devront tre expliqu es par m decins et di t ticiens et appliqu es par le patient pour qu un r sultat soit esp r Le tr pied de l intervention mettre en place va donc tre une action di t tique une augmentation de l activit physique et un soutien psychologique Un suivi rapproch et prolong est n cessaire pour maintenir les changements acquis Le pharmacien a un r le jouer dans cette lutte il va pouvoir d tecter rep rer guider et suivre les personnes ob ses L officine sera un lieu de conseils o le pharmacien et toute son guipe donneront ces personnes les astuces alimentaires sportives et th rapeutiques qui les aideront lutter de la mani re la plus efficace possible contre leur surpoids

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