

Obesity and Lifestyle Diseases in Modern Society

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Abstract

Obesity has emerged as one of the most significant public health concerns in modern society due to rapid urbanization, unhealthy dietary habits, reduced physical activity, and sedentary lifestyles. It is a complex medical condition characterized by excessive accumulation of body fat that negatively affects overall health and well-being. The increasing consumption of processed foods, fast food culture, stress, lack of exercise, and excessive screen time have contributed greatly to the growing prevalence of obesity among both adults and children. Obesity is closely associated with several lifestyle diseases such as diabetes mellitus, hypertension, cardiovascular diseases, stroke, and certain forms of cancer. These diseases not only reduce the quality of life but also increase healthcare costs and mortality rates worldwide. The causes, consequences, and preventive measures related to obesity and lifestyle diseases in contemporary society. the role of nutrition, physical activity, mental health, and awareness in maintaining a healthy lifestyle. The importance of government initiatives, healthcare systems, educational institutions, and community participation in promoting healthy living practices. Furthermore, it discusses how technological advancements and changing work patterns have influenced modern lifestyles and contributed to health-related challenges.

Keywords Obesity, Lifestyle Diseases, Public Health, Sedentary Lifestyle

Introduction

Obesity has become a major global health issue in modern society and is increasingly affecting people of all age groups. It is a condition in which excessive body fat accumulates in the body, leading to serious health complications and reduced quality of life. Rapid industrialization, urbanization, technological advancement, and changing lifestyle patterns have significantly contributed to the rise of obesity worldwide. Modern lifestyles are often characterized by unhealthy eating habits, lack of physical activity, increased consumption of fast food, stress, and prolonged screen time, all of which play an important role in the development of obesity and related diseases. Lifestyle diseases, also known as non-communicable diseases, are illnesses that mainly result from unhealthy living habits and behavioral choices. Common lifestyle diseases associated with obesity include diabetes, hypertension, cardiovascular diseases, stroke, and certain forms of cancer. These diseases have become one of the leading causes of death and disability across the world. The increasing prevalence of obesity has created serious challenges for healthcare systems, economies, and societies, making it an important public health concern. In recent years, the problem of obesity has grown rapidly among children, adolescents, and adults due to reduced physical activity and dependence on modern technology. Sedentary work culture, online entertainment, irregular sleep patterns, and poor dietary practices have negatively affected both physical and mental well-being. In addition, stress and anxiety in modern life often encourage unhealthy coping mechanisms such as overeating and lack of exercise, further increasing the risk of obesity and lifestyle disorders.

Maintaining good health requires a balanced diet, regular physical exercise, proper sleep, and awareness regarding healthy lifestyle practices. Governments, educational institutions, healthcare professionals, and social organizations play a crucial role in promoting health awareness and preventive healthcare measures. Public health campaigns, fitness programs, nutritional education, and community participation can help reduce the growing burden of obesity and lifestyle diseases.

Causes of Obesity in Modern Society

Obesity has become increasingly common in modern society due to a combination of unhealthy lifestyle habits, environmental changes, and social influences. The rapid development of technology and urbanization has significantly altered daily routines, dietary patterns, and physical activity levels. These changes have contributed to excessive weight gain and various health-related complications among people of all age groups.

One of the major causes of obesity is unhealthy eating habits. The widespread availability of fast food, processed snacks, sugary beverages, and high-calorie meals has increased the consumption of unhealthy foods. Many people prefer convenient and ready-to-eat food items because of busy lifestyles and work pressure. Such foods often contain excessive amounts of sugar, fat, salt, and preservatives, which contribute to weight gain and poor health. Irregular eating patterns, overeating, and emotional eating also play a significant role in the development of obesity.

Lack of physical activity is another important factor responsible for obesity in modern society. Technological advancements have reduced the need for manual labor and physical movement. Many individuals spend long hours sitting at desks, using computers, watching television, or engaging with smartphones and other digital devices. Sedentary lifestyles decrease calorie burning and increase fat accumulation in the body. The absence of regular exercise and outdoor activities further worsens the problem.

Urbanization and modernization have also changed people's daily routines and lifestyles. Increased dependence on vehicles for transportation, limited open spaces for recreational activities, and busy work schedules reduce opportunities for physical exercise. In many urban areas, unhealthy food options are more easily accessible than nutritious meals, encouraging poor dietary choices among the population.

Stress and mental health issues are also closely connected with obesity. Modern life is often associated with academic pressure, workplace stress, financial worries, and social competition. Stress can lead to hormonal imbalances and unhealthy coping behaviors such as overeating, consumption of comfort foods, and reduced physical activity. Lack of proper sleep due to stress and irregular routines also affects metabolism and contributes to weight gain.

Genetic and biological factors may increase the risk of obesity in some individuals. People with a family history of obesity may have a greater tendency to gain weight. However, environmental and lifestyle factors often influence whether these genetic tendencies develop into obesity.

Another significant cause is the lack of awareness regarding healthy lifestyle practices. Many people are unaware of the importance of balanced nutrition, regular exercise, and preventive

healthcare. Poor health education and limited understanding of healthy habits contribute to unhealthy living patterns from an early age.

Thus, obesity in modern society is caused by multiple interconnected factors including unhealthy diets, sedentary lifestyles, stress, urbanization, lack of awareness, and technological dependence. Addressing these causes requires collective efforts from individuals, families, educational institutions, healthcare systems, and governments to promote healthier living and prevent lifestyle diseases.

Sedentary Lifestyle and Health Problems

A sedentary lifestyle refers to a way of living in which individuals engage in very little physical activity and spend most of their time sitting or remaining inactive. In modern society, sedentary behavior has become increasingly common due to technological advancements, urbanization, and changing work patterns. Many people spend long hours working on computers, watching television, using smartphones, or traveling in vehicles, resulting in reduced physical movement and increased health risks.

One of the major health problems associated with a sedentary lifestyle is obesity. Physical inactivity reduces the number of calories burned by the body, leading to the accumulation of excess fat. When combined with unhealthy eating habits, lack of exercise significantly increases the risk of weight gain and obesity. Obesity further contributes to several lifestyle diseases such as diabetes, hypertension, and cardiovascular disorders.

A sedentary lifestyle also negatively affects heart health. Lack of regular physical activity weakens the cardiovascular system and increases the risk of high blood pressure, high cholesterol levels, heart attacks, and strokes. Regular exercise is essential for maintaining healthy blood circulation and improving heart function. Without physical activity, the body becomes more vulnerable to chronic diseases and reduced overall fitness.

Diabetes is another serious health issue linked to sedentary behavior. Physical inactivity can reduce the body's ability to regulate blood sugar levels effectively, increasing the risk of Type 2 diabetes. Sitting for long periods can also affect insulin sensitivity and metabolism, making it difficult for the body to use glucose properly. As a result, individuals with inactive lifestyles are more likely to develop metabolic disorders.

Mental health is also greatly influenced by sedentary habits. Spending excessive time indoors or engaging in screen-based activities can increase stress, anxiety, depression, and feelings of loneliness. Physical activity helps release hormones that improve mood and reduce mental stress. Lack of exercise may negatively affect emotional well-being and reduce overall quality of life.

In addition, sedentary lifestyles may cause musculoskeletal problems such as back pain, neck pain, poor posture, and joint stiffness. Sitting for extended periods weakens muscles and affects flexibility, especially among office workers and students. It can also lead to reduced energy levels, fatigue, and poor productivity in daily life.

Children and adolescents are increasingly affected by sedentary lifestyles because of excessive use of digital devices and online entertainment. Reduced participation in outdoor games and physical activities has led to rising obesity rates and health concerns among young people. This trend highlights the need for awareness regarding healthy and active living from an early age.

To reduce the harmful effects of sedentary behavior, individuals should adopt healthier lifestyle practices such as regular exercise, balanced nutrition, proper sleep, and active daily routines. Walking, cycling, sports, yoga, and fitness activities can help improve physical and mental health. Governments, schools, workplaces, and healthcare organizations should also encourage awareness programs and promote active living to create a healthier society.

Role of Fast Food and Unhealthy Diet

Fast food and unhealthy dietary habits play a major role in the increasing prevalence of obesity and lifestyle diseases in modern society. Rapid urbanization, busy work schedules, and changing lifestyles have encouraged people to depend more on convenient and ready-to-eat food items. Fast food has become highly popular because it is easily available, affordable, and time-saving. However, excessive consumption of such food can negatively affect physical and mental health.

Most fast foods contain high amounts of calories, unhealthy fats, sugar, salt, and artificial additives while lacking essential nutrients such as vitamins, minerals, and fiber. Foods such as burgers, pizzas, fried snacks, sugary beverages, instant noodles, and processed foods provide excessive energy but limited nutritional value. Regular consumption of these foods leads to weight gain and increases the risk of obesity. Excess body weight further contributes to lifestyle diseases including diabetes, hypertension, heart disease, and high cholesterol.

Unhealthy diets also affect the digestive and metabolic systems of the body. Excessive intake of sugar and refined carbohydrates can increase blood sugar levels and reduce insulin sensitivity, leading to Type 2 diabetes. High sodium content in processed foods contributes to high blood pressure and cardiovascular diseases. Similarly, saturated and trans fats present in fried and processed foods increase cholesterol levels and the risk of heart-related disorders.

Another important concern is the impact of unhealthy eating habits on children and adolescents. Modern advertising, social media influence, and easy availability of junk food attract young people toward unhealthy food choices. Many children prefer packaged snacks and sugary drinks over nutritious homemade meals. Poor dietary habits developed at an early age may continue into adulthood and create long-term health complications.

Fast food consumption is also associated with mental and emotional health problems. Studies suggest that unhealthy diets may contribute to stress, fatigue, mood disorders, and reduced concentration levels. Nutritional deficiencies caused by poor eating habits can affect brain function and overall well-being. Emotional eating during stress or anxiety further increases dependence on unhealthy foods.

In addition, irregular eating patterns such as skipping meals, overeating, and late-night eating negatively affect metabolism and digestion. Busy lifestyles often prevent individuals from maintaining balanced meal schedules, leading to unhealthy nutritional practices. Lack of awareness regarding proper nutrition and healthy food choices also contributes to the growing health crisis.

To promote better health and well-being, individuals should adopt balanced dietary habits that include fruits, vegetables, whole grains, proteins, and adequate water intake. Limiting the consumption of processed and fast foods, along with regular physical activity, can help prevent obesity and lifestyle diseases. Educational institutions, families, healthcare professionals, and

governments should encourage nutritional awareness and healthy eating practices to build a healthier society.

Conclusion

Obesity and lifestyle diseases have become major health concerns in modern society due to unhealthy dietary habits, physical inactivity, stress, and rapid technological advancement. The increasing dependence on fast food, sedentary lifestyles, and reduced physical exercise has significantly contributed to the growing number of people affected by obesity and related diseases such as diabetes, hypertension, and cardiovascular disorders. These health problems not only affect physical fitness but also influence mental and emotional well-being, reducing the overall quality of life. Obesity is not caused by a single factor but results from a combination of social, environmental, psychological, and lifestyle-related factors. Modern living patterns, work pressure, excessive screen time, and lack of awareness regarding healthy habits have further worsened the problem. Children, adolescents, adults, and elderly individuals are all vulnerable to the negative effects of unhealthy lifestyles. Preventing obesity and lifestyle diseases requires collective efforts from individuals, families, educational institutions, healthcare systems, and governments. Maintaining a balanced diet, engaging in regular physical activity, managing stress, and adopting healthy daily routines are essential steps toward improving overall health. Public awareness campaigns, nutritional education, fitness programs, and preventive healthcare measures can help people make healthier choices and reduce the burden of lifestyle-related diseases. Creating a health-conscious society is essential for ensuring long-term well-being and improving the quality of life of future generations. By encouraging healthy lifestyles and preventive healthcare practices, society can effectively control obesity and reduce the growing impact of lifestyle diseases in the modern world.

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