

Comment lutter contre l'obésité infantile ?



Lutter Contre Lobesite Combat Davance

Pierre Fraser



Lutter Contre Lobesite Combat Davance:

Le Monde, 2000 **Lutter Contre L'Obesite** Pierre Fraser, 2015-09-18

Rendre compte des conditions d'urgence de la lutte contre l'obésité 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 modernisme et le corps représentable il s'agit l de trois constantes qui traverseront toutes les époques. Ce corps socialement attendu sera fondé sous la contenance de soi et la gouvernance de soi issues de la Renaissance. De l'une image sociale du corps merge qui se doit d'être contenu et gouverné où les jugements moraux de plus en plus en s'inscrivent sur le corps en excès de masse adipeuse. Au XVIIe siècle dans la foulée des traités de civilité c'est le passage de l'idéal d'un corps celle d'avoir un corps dont l'individu est personnellement et socialement responsable qui culminera au milieu du XIXe siècle avec l'introduction de l'indice de masse corporelle du poids par personne du miroir et de la mode l'individu est désormais maître et esclave de son image des pieds la tête. Cette quantification de soi aura comme impact de confronter directement l'individu son propre poids et ses propres comportements où la mise en place d'une batterie d'interventions d'opérer sur le corps pour le maintenir dans une fourchette de poids idéal. Au milieu du XXe siècle avec la montée du complexe agroalimentaire de la montée de l'industrie de la restauration rapide de la transformation profonde du tissu urbain de l'arrivée massive de l'automobile de la transformation des emplois de plus en plus orientés vers le secteur tertiaire se met graduellement en place ce qu'il est convenu d'appeler l'infrastructure de la prise de poids qui entrainera dans son sillage tout un discours de la modulation. Le XXIe siècle se donnera pour mission non pas de modifier l'infrastructure de la prise de poids mise en place au XXe siècle 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'obésité où la personne en simple surpoids est désormais totalement responsable de sa propre condition.

La place du sport dans la lutte contre l'obésité Franck Micheli, 2017

L'obésité est en pleine expansion aussi bien dans le monde qu'en France. L'état français commence à agir et mettre en place de nombreux programmes de santé et nutrition ayant pour objectif d'éduquer et de modifier les mentalités de la population française. Pour ce l'état essaie de réunir un maximum de professionnels de santé de secteurs différents notamment les pharmaciens pour aider guider et accompagner les personnes touchées par ce fléau. Le but de la stratégie mondiale pour l'alimentation l'exercice physique et la santé va donc être de promouvoir et de protéger la santé en aidant créer des conditions propices l'application de mesures durables au niveau individuel communautaire national et mondial qui ensemble réduiront la morbidité et la mortalité liées une mauvaise alimentation et la sédentarité. Ces mesures s'inscrivent dans le cadre des objectifs du millénaire définis par l'ONU pour le développement et offrent un potentiel immense pour améliorer la santé publique partout dans le monde. L'obésité a de nombreuses incidences sur la qualité de vie des personnes atteintes. D'un point de vue physique de nombreuses pathologies sont provoquées ou aggravées par cette dernière. Le diabète de type 2 et l'hypertension artérielle sont

les plus connues mais des problèmes osseux cutanés pulmonaires veineux lymphatiques ainsi que des cancers sont également des complications fréquemment observées. D'un point de vue psychologique une perte totale de confiance en soi est dans la plupart des cas présente. 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 société actuelle et ferme de nombreuses portes. La prise en charge des patients obèses est d'une part médicale avec suivi psychologique et éventuellement opération mais aussi éducative par le biais d'informations médicales sociales et sportives. Le sport va prendre une place significative dans cette lutte. Sur le plan de la santé il va augmenter la capacité respiratoire, l'endurance cardiaque, diminuer l'excès de masse adipeuse. En termes de qualité de vie il va permettre une réinsertion dans la société en recréant un contact social via l'activité physique avec d'autres personnes. Il va également permettre de retrouver une confiance en soi perdue. Le sport sera donc un pilier dans ce combat contre l'obésité mais il devra être accompagné d'une éducation alimentaire. Le déséquilibre alimentaire, tant l'origine de cette pathologie, des bonnes habitudes alimentaires devront être expliquées par les médecins et diététiciens et appliquées par le patient pour qu'un résultat soit escompté. Le trépied de l'intervention, mettre en place, va donc être une action diététique, une augmentation de l'activité physique et un soutien psychologique. Un suivi rapproché et prolongé est nécessaire pour maintenir les changements acquis. Le pharmacien a un rôle à jouer dans cette lutte, il va pouvoir détecter, repérer, guider et suivre les personnes obèses. L'officine sera un lieu de conseils où le pharmacien et toute son équipe donneront ces personnes les astuces alimentaires, sportives et thérapeutiques qui les aideront à lutter de la manière la plus efficace possible contre leur surpoids.

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