



Body Mass Index and COVID-19: Implications for Long-Term Health

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DESCRIPTION

The Corona Virus Disease (COVID-19) has caused an unprecedented health crisis globally with various long-term consequences still being discovered. One of the most important issues is the link between Body Mass Index (BMI) and long-term health outcomes after COVID-19. It has revealed that individuals with higher BMI are more prone to developing respiratory diseases due to COVID-19 and have a higher risk of death from this virus. Furthermore, it has been observed that BMI measurements taken during late adolescence may lead to increased cardiovascular disease risk in adulthood this is especially concerning in light of the current pandemic. The ongoing COVID-19 pandemic has put a focus on the importance of physical health for overall well-being, as well as raised questions about long-term health outcomes as a result of the virus. One factor that is being studied in this regard is Body Mass Index (BMI), which measures a person's height in relation to their weight. Since BMI can indicate an individual's degree of physical fitness, it has been considered an important marker for risk of respiratory disease and COVID-related deaths during the pandemic. This includes not only increased likelihood of heart attacks but also increased mortality rates due to stroke or other conditions related to high blood pressure. The correlation between BMI and cardiovascular health outcomes appears to remain even after adjusting for other factors such as smoking or alcohol consumption. It is important to note that BMI alone cannot be used to determine one's overall fitness level or future health risks; other factors such as diet quality and exercise frequency should also be considered when assessing individual's wellbeing.

The impact of the COVID-19 pandemic on public health has been far reaching. Of particular concern is the impact that the virus has had on respiratory disease and COVID-related deaths. While it is essential to understand the role that viruses such as SARS-CoV-2 play in respiratory diseases, it is also important to consider how fitness levels may influence long-term health outcomes after COVID-19. A growing body that higher levels of fitness may reduce cardiovascular disease risk during late adolescence and adulthood, leading to better long-term health outcomes after contracting an infectious disease such as

COVID-19. In contrast to being overweight or obese, physical activity and regular exercise are associated with improved cardiovascular health and overall physical fitness. Studies have shown that even modest amounts of regular physical activity can reduce mortality rates among adults who have contracted infectious diseases like influenza or pneumonia by approximately 19%. While more needs to be done regarding exercise and long term health outcomes following a diagnosis of COVID-19 specifically, it stands to reason that exercising regularly could help improve long term health outcomes in people who contract the virus due to its known benefits for cardiovascular health.

The outbreak of COVID-19 has caused unprecedented disruption to our lives, and the effects on our health have become increasingly clear as time passes. Even after the pandemic has been contained, its impact on both mental and physical health will continue to be felt for years to come. We now know that having a higher Body Mass Index (BMI) can lead to increased risk of severe illness from respiratory disease caused by COVID-19 making it essential for individuals to maintain a healthy BMI post-COVID-19 in order to reduce their chance of long-term health problems. Many people think that BMI only affects adults, but it can also have an important effect on overall health during late adolescence. BMI among adolescents can increase their risk of developing chronic illnesses in adulthood, such as cardiovascular disease, type 2 diabetes and certain cancers. This makes it especially important for young people to stay active and maintain a healthy diet so they can remain at a healthy weight throughout their lives. Fitness plays an important role in maintaining good health regardless of age or gender. Exercise helps regulate hormones, improve mood, reduce stress levels, strengthen the immune system, and boost metabolism all things which are especially important for individuals coming out of the COVID-19 pandemic. Taking part in regular physical activity is essential for keeping the BMI down while also reaping the many other benefits it provides for physical and mental wellbeing. Overall, maintaining a healthy BMI post-COVID-19 is when it comes to preventing long-term health issues such as respiratory disease or cardiovascular disease later on in life. Everyone should strive to lead an active lifestyle and consume nutritious food so they can enjoy optimal physical and mental health well into adulthood.

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