

Mapping Open Data and Big Data to Address Urban Informal Settlements' Climate Resilience in Sub-Saharan Africa

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Introduction

The adipokine family has 15 members with localised tissue expression. Adipocytes are the primary tissue of high expression for. In both human and animal models of obesity, there is an increase in secretion. Transforming growth factor secretory proteins, including as Myostatin, also known as, is essential for maintaining the homeostasis of skeletal muscles, and studies have shown that expression levels are inversely correlated with fat loss, insulin sensitivity, and glucose absorption. With a possible function in lipid metabolism, levels, also known as macrophage inhibitory cytokine generated by adipocytes, positively correlate with obesity. Treatments to lessen obesity-related health issues are still difficult to find. The success of pharmacological and surgical treatments for obese patients varies and is coupled with negative effects. The management of obesity and its accompanying problems holds promise when energy intake is reduced, energy expenditure is increased, and muscle mass is increased. The forms of exercise, however, have an impact on the results of regular exercise training to manage obesity and linked disorders. In obese people, for instance, CrossFit training (a high-intensity mixed exercise model of concurrent strength and endurance performance) lowers lipid oxidation. This high-intensity functional training (HIFT) exercise modality entails exercise sets with or without rest periods in between sets, and it has been shown to increase IL-6 and IL-10 activity, as well as to increase aerobic capacity, improve muscular endurance, increase lean body mass, and decrease body fat. The usage of natural antioxidant supplements is a further means of reducing or preventing obesity. *Haematococcus pluvialis* algae is the source of astaxanthin, which has been shown to be effective in treating several malignancies, chronic inflammatory illnesses, diabetes, obesity, cardiovascular diseases, and neurological disorders. The effects of oxidative stress on lipid metabolism are lessened by astaxanthin. Exercising muscles' lipid metabolism can be sped up by using astaxanthin as a dietary supplement. Despite the widely acknowledged advantages of exercise training on metabolic problems and lipid oxidation in obese people, astaxanthin, a supplement high in antioxidants, can also enhance metabolism and lessen inflammation brought on by obesity [1-3].

Description

Through the inhibition of mitochondrial β -oxidation, AMPK activity, and the encouragement of lipogenesis, increased fat deposition by adipocytes is followed by these changes in lipolysis and lipogenesis. Insulin resistance (IR) is caused by an accumulation of fat in the liver, skeletal muscle, and adipocytes. IR enhances the mobilisation of fatty acids from adipose tissue into the bloodstream and causes inflammation brought on by oxidative stress. The damage to pancreatic β -cells caused by adipocyte hypertrophy

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includes an increase in macrophage accumulation and the generation of proinflammatory M1 phenotypes. Together, these modifications result in an increase in body weight, FFM, and BMI as well as an aggravation of insulin resistance and associated metabolic diseases. Astaxanthin is an antioxidant that can reduce metabolic abnormalities and improve dyslipidemia. According to our research, HIFT, supplemented astaxanthin, and exercise supplemented with astaxanthin decreased markers of metabolic diseases and circulatory lipid levels while improving body composition and HDL-C levels. Superoxide dismutase and total antioxidant capacity levels in plasma are both elevated by astaxanthin. Astaxanthin suppresses the activation of the transcriptional factor to limit the effects of pro-inflammatory cytokines, which may be another method that astaxanthin helps alleviate metabolic alterations brought on by obesity. Additionally, astaxanthin lessens the infiltration of inflammatory M1 macrophages into hypertrophied adipocytes, which minimises the release of free fatty acids into circulation, mitigates macrophages' production of pro-inflammatory cytokines, and enhances insulin sensitivity. During exercise, astaxanthin speeds up the oxidation of fatty acids [4-6].

Conclusion

In comparison to when either intervention was evaluated separately, our study indicated that the group receiving both astaxanthin and HIFT training had lower circulating levels of GDF8. Obesity, chronic inflammation, decreased exercise training, and circulating levels of are all associated with these conditions. The bulk of other research, in contrast to our findings, show increases in levels after exercise in healthy and obese people, most likely as a result of acute episodes of metabolic and inflammatory stress. GDF8 may play a function in the control of body fat and overall energy metabolism because its release is higher in overweight and obese people. Skeletal muscle mass may be negatively regulated by GDF8. In comparison to when either intervention was evaluated separately, our study indicated that the group receiving both astaxanthin and HIFT training had lower circulating levels of. Obesity, chronic inflammation, and lower circulating GDF15 levels are all associated with these conditions. The bulk of other research, in contrast to our findings, show increases in GDF15 levels after exercise in healthy and obese people, most likely as a result of acute episodes of metabolic and inflammatory stress. Our findings—which show decreased GDF15 levels after HIFT training—contradict those of earlier research, which found increases in GDF15 levels with exercise. This discrepancy may be due to variations in training methods. This study used repeated measures and a longitudinal design to examine changes in infants' and toddlers' development using an ASQ, a routinely used clinical screening instrument, from before to throughout the pandemic in a large and diverse population. In line with other research, we discovered that households with lower SES and members of racial and ethnic minorities were more likely to report experiencing social and financial challenges during the COVID-19 epidemic

Acknowledgement

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Conflict of Interest

None.

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