

Obesity

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What do we mean by obesity?

Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It's a medical problem that increases the risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers.

What are the causes of obesity

- Calories. The energy value of food is measured in units called calories. ...
- Poor diet. Obesity doesn't happen overnight. ...
- Lack of physical activity. Lack of physical activity is another important factor related to obesity. ...
- Genetics. ...
- Medical reasons.



Why obesity is a problem?

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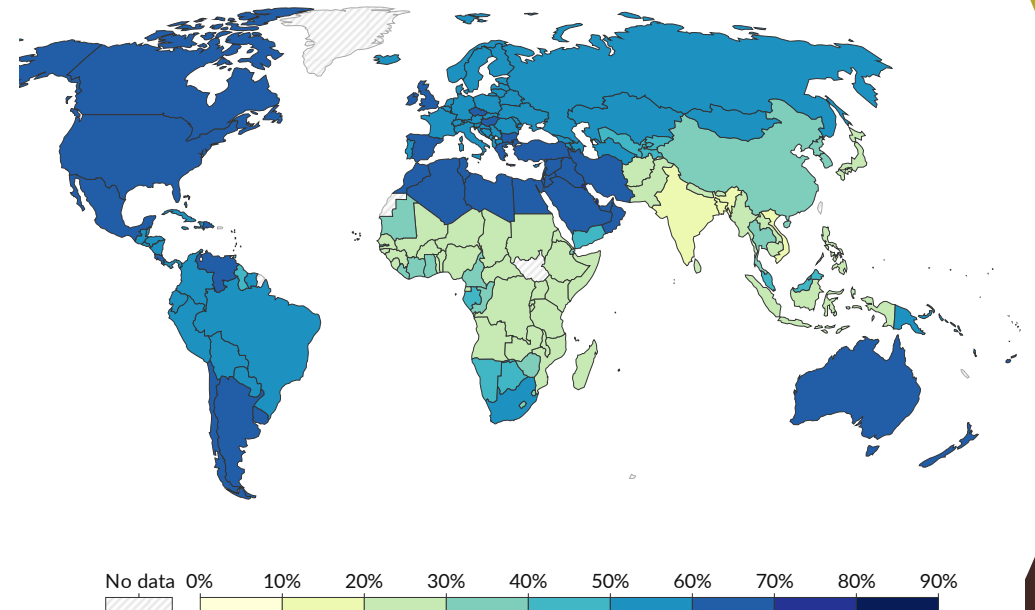
Excess weight, especially obesity, diminishes almost every aspect of health, from reproductive and respiratory function to memory and mood. Obesity increases the risk of several debilitating, and deadly diseases, including diabetes, heart disease, and some cancers

Obesity, Depression, and Quality of Life

The high rates of obesity and depression, and their individual links with cardiovascular disease, have prompted many investigators to explore the relationship between weight and mood. An analysis of 17 cross-sectional studies found that people who were obese were more likely to have depression than people with healthy weights. (17) Since the studies included in the analysis assessed weight and mood only at one point in time, the investigators could not say whether obesity increases the risk of depression or depression increases the risk of obesity

Percentage of adults that are overweight or obese, 2016

Overweight is defined as overweight if they have a body-mass index (BMI) equal to or greater than 25. BMI is a weight in kilograms divided by his height in metres squared.



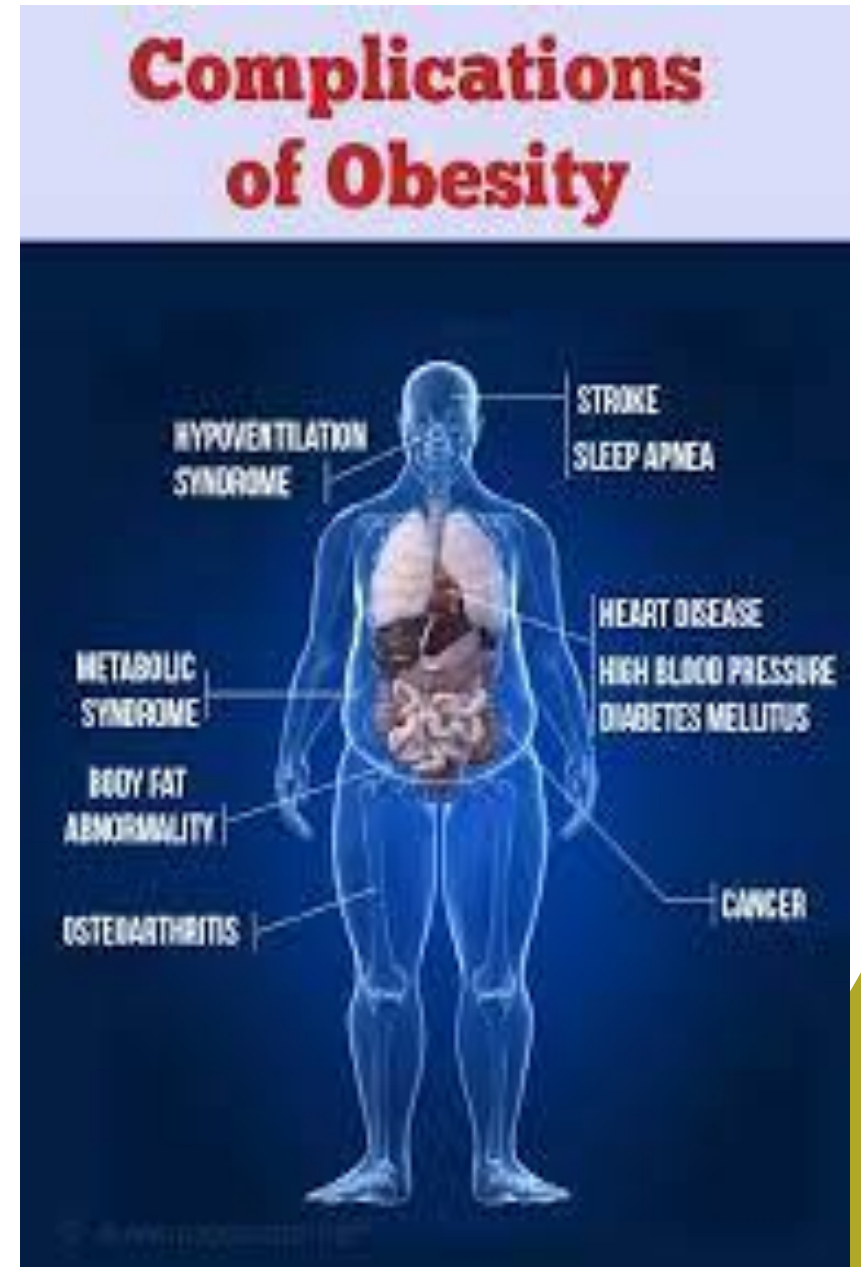
VHO, Global Health Observatory

OurWorldInData.org/obesity

what obesity can do?

Obesity increases the risk of several debilitating, and deadly diseases including diabetes, heart disease, and some cancers. It does this through a variety of pathways, some as straightforward as the mechanical stress of carrying extra pounds and some involving complex changes in hormones and metabolism

- All-causes of death (mortality).
- High blood pressure (hypertension).
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (dyslipidemia).
- Type 2 diabetes.
- Coronary heart disease.
- Stroke.
- Gallbladder disease.



How can we solve obesity?

Choosing healthier foods (whole grains, fruits and vegetables, healthy fats and protein sources) and beverages. Limiting unhealthy foods (refined grains and sweets, potatoes, red meat, processed meat) and beverages (sugary drinks) Increasing physical activity. Limiting television time, screen time

1 HAVE A HEALTHY DIET

KEEP A HEALTHY DIET

DIET

WWW.MYCHN.ORG

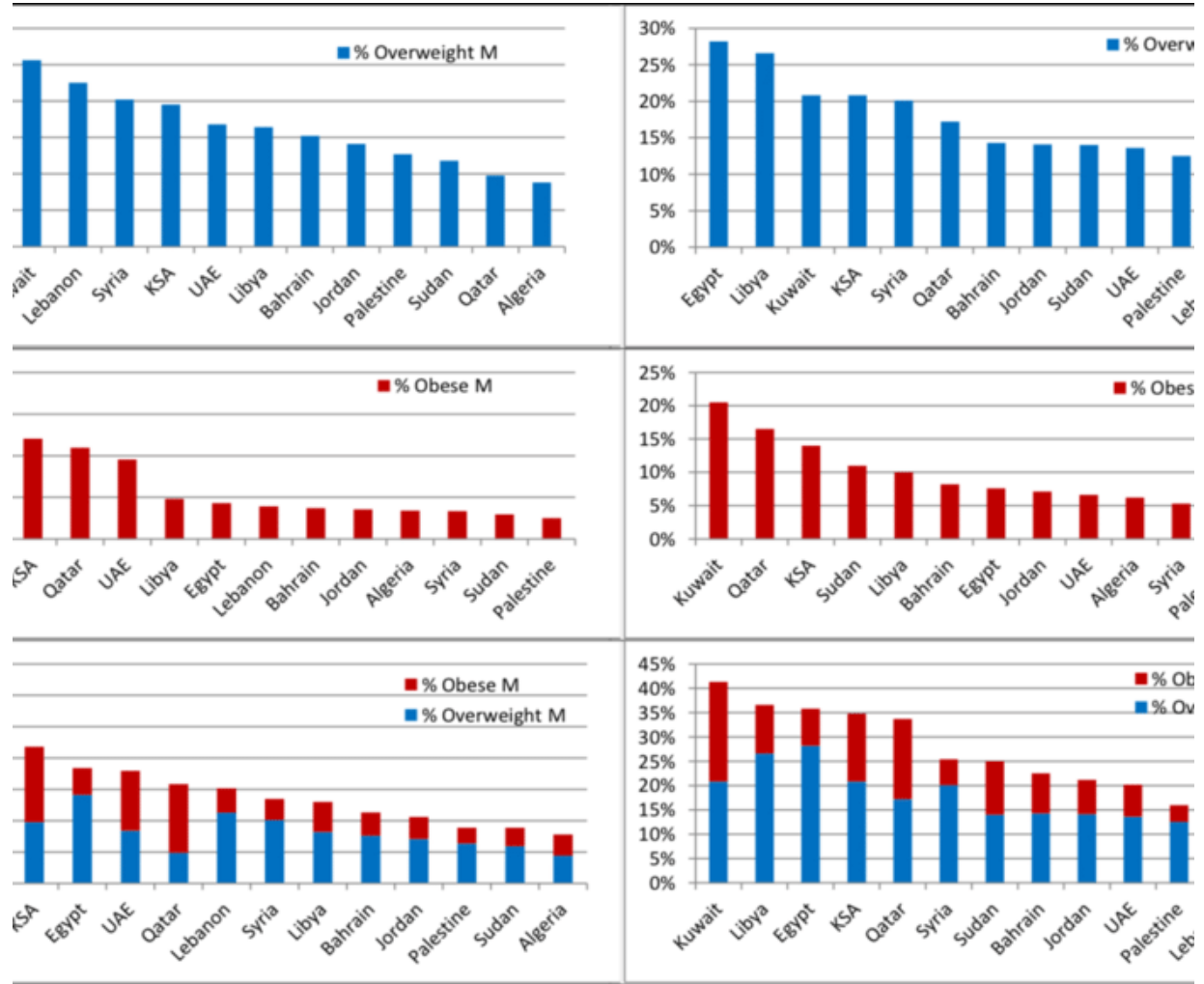
The CDC recommends children having a healthy diet which is comprised of fruits, vegetables, whole grains, lean proteins, and low fat or fat free dairy.

In other words, kids should try to **"Eat the Rainbow"** with every meal to make sure they are getting all the nutrients they need.

The infographic features a central arrangement of colorful illustrations of various fruits and vegetables, including an eggplant, onion, broccoli, cucumber, corn, grapes, apple, cherry, tomato, orange, carrot, and pear. A yellow arrow points to the right. The CDC logo is in the top right corner.

Why does middle east have high obesity rate?

This is mostly due to decreased physical activity and greater than necessary food consumption, particularly with an increase in energy coming from fat. The other factor are smoking.



Resources

- <https://www.mayoclinic.org>
- <https://www.who.int/>
- <https://www.cdc.gov/>
- <https://ourworldindata.org/>
- <https://www.hopkinsmedicine.org/>
- <https://www.cdc.gov/>
- <https://www.ncbi.nlm.nih.gov/>
- <https://medlineplus.gov/>