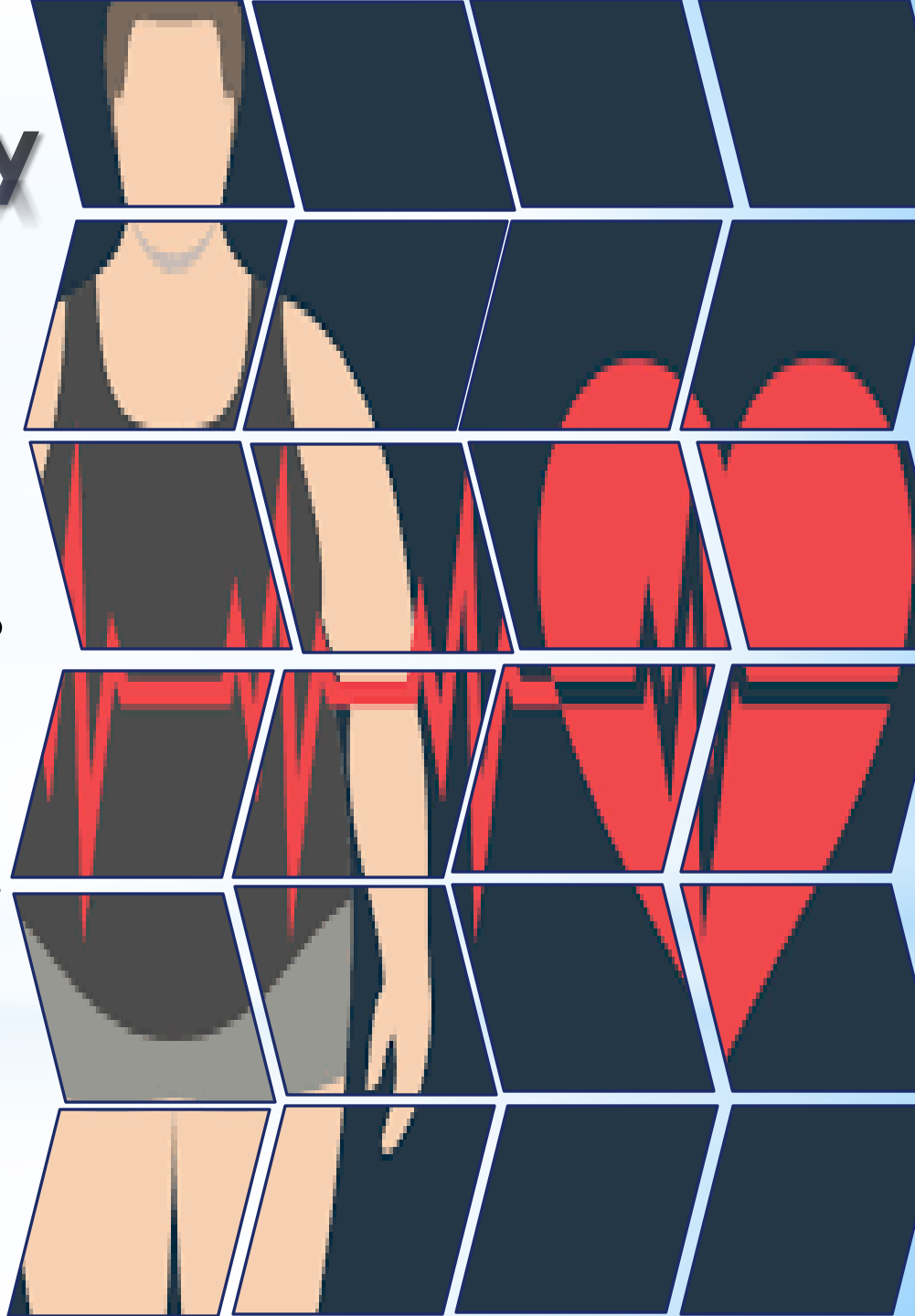OBESITY

What is obesity

Obesity is characterized as abnormal or build up of excessive body fat. It is a growing heath concern world wide as people with obesity are more likely to develop a wide range of significant illnesses and medical disorders than people with a healthy weight, numerous psychological, social, and physical issues are among them.
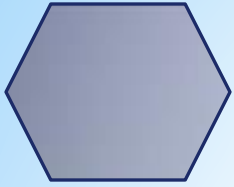
Causes of obesity

- Obesity can be caused by a variety of factors, including genetics, lifestyle choices and environmental influences as living alone, poverty, low level of education and unemployment have all been linked to an increased rates of obesity.

Examples such as:
- engineered junk foods
- food addiction
- aggressive marketing
- Lack of physical activity

Consequences
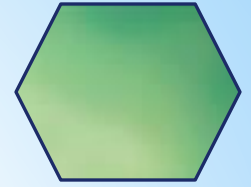
Obesity can cause many problems, these problems fit into three main categories. Those categories are: physical, social, and psychological.

It can lead to:

- High blood pressure\high cholesterol
- Type 2 diabetes
- Breathing problems, such as asthma
- Lower self-esteem and quality of life
- Anxiety, depression and bullying
- Many types of cancers
- Discrimination

Solutions

There are many ways to control to obesity. One of the most effective ways is maintaining a balanced diet, exercise is also very helpful as it burns calories and speeds up weight loss. You can do this by running or walking for 10k steps a day which makes a big difference. Another way is to seek for medical advice which can help you to organize a treatment plan, medical advice will not only help you lose weight but motivate you mentally.

Here are some more treatments people go for:

- Bariatric surgery (type of surgery done for weight loss)
- Weight-loss medicines
- Fiber-rich foods help with weight loss

Conclusion

*To sum up everything that has been stated so far, Obesity is a serious medical condition which can lead to major health problems. On the other hand Obesity can be controlled through various ways. However, It requires time, effort, patience and determination.

ANTI-OBESITY

Citations

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Thank you