

# Obesity

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<https://youtu.be/9zM1aIZ-hTQ>

<https://wordwall.net/resource/56253801>

# 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.

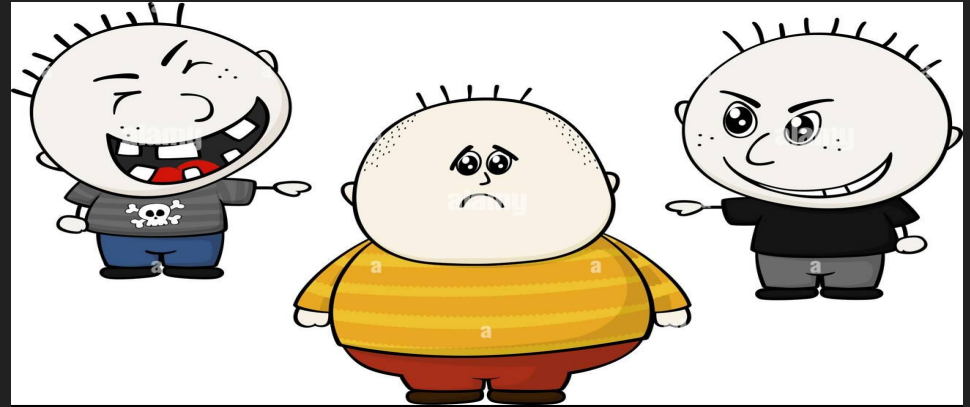


# Problems

Bullying: Fat people are always bullied and made fun of, because of how they look.

Less confidence: Obese people are not confident and always tend to hate how they look, and don't make friends

Difficulty with moving: Obese people find it hard to move because of how heavy they are, and they can't move their hands and legs in all directions.



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# Causes

## Lifestyle choices:

- 1. Unhealthy diet.** A diet that's high in calories, lacking in fruits and vegetables, full of fast food, and laden with high-calorie beverages and oversized portions contributes to weight gain.
- 2. Liquid calories.** People can drink many calories without feeling full, especially calories from alcohol. Other high-calorie beverages, such as sugary soft drinks, can contribute to significant weight gain.
- 3. Inactivity.** If you have a sedentary lifestyle, you can easily take in more calories every day than you burn through exercise and routine daily activities. Looking at computer, tablet and phone screens is a sedentary activity. The number of hours spent in front of a screen is highly associated with weight gain.



# Consequences

## Health Conditions:

High blood pressure and high cholesterol which are risk factors for heart disease. Type 2 diabetes. Breathing problems, such as asthma and sleep apnea. Joint problems such as osteoarthritis and musculoskeletal discomfort.

Those are some of the consequences of being obese and can lead to more diseases and problems.



# Solutions

Following a healthy eating plan with fewer calories is often the first step in trying to treat overweight and obesity. Eat protein, fat, and vegetables.

To maximize your health while losing weight, cut calories by replacing foods that don't have much nutritional value with foods that pack a bigger nutritional punch.

Hunger can often get in the way of even the best weight loss plan, and that's normal. When you cut calories, your body cries out for more.

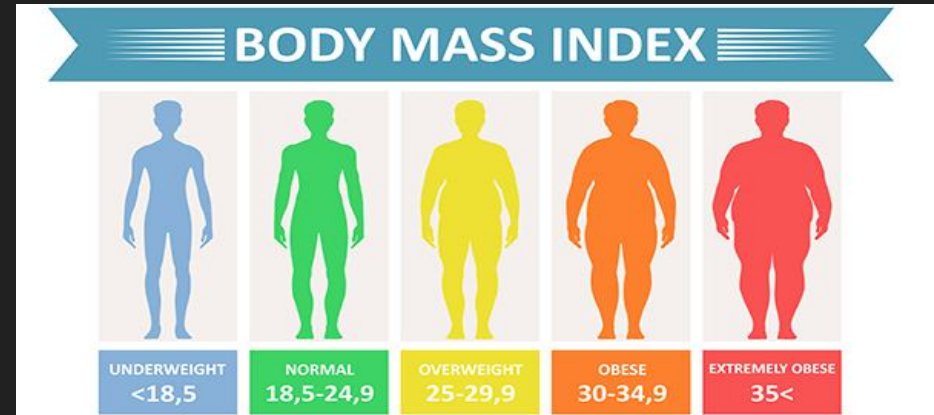
You may sometimes think you're hungry and reach for extra calories when you're actually just thirsty. While more research is needed, water may be a great ally when it comes to weight loss.

effective weight loss requires that you find ways to burn more calories than you consume. Eating is one part of the equation. Movement (exercise) is the other.



# BMI

After doing the calculations we found out that Suhail is underweight, Oun and George normal, John and Maltez are extremely overweight.



ID	Name	Gender	Date of Birth	Date of Measurement	Height	Weight	BMI	Shape
45445453	oun	Male	1-May-23	5-May-23	1.65	70	25.71166	overwight
35345354	fadi	Male	2-May-23	6-May-23	1.5	60	26.66666	overwight
454545	shaguire	Male	3-May-23	7-May-23	1.6	70	27.34375	overwight
1232134234	hana	Male	4-May-23	8-May-23	1.75	60	19.59183	normal
25435345	george	Male	5-May-23	9-May-23	1.85	70	20.45288	normal
4.56675E+31	suhail	Male	6-May-23	10-May-23	1.45	50	23.78121	normal
545454545	maltezer	Male	7-May-23	11-May-23	1.23	60	39.65893	obesity
857567567	sanad	Male	8-May-23	12-May-23	1.86	55	15.89775	under
6767676767	yazan	Male	9-May-23	13-May-23	1.34	70	38.98418	obesity
45674567	isam	Male	10-May-23	14-May-23	1.45	100	47.56242	obesity
34645435	gazi	Male	11-May-23	15-May-23	1.56	60	24.65483	normal
6436345654	suzan	Female	12-May-23	16-May-23	2.1	46	10.43083	under
643565435	elen	Female	13-May-23	17-May-23	1.73	200	66.82481	obesity
634564	may	Female	14-May-23	18-May-23	1.23	70	46.26875	obesity
54675674567	maha	Female	15-May-23	19-May-23	1.76	89	28.73192	overwight
5675674567	zaid	Male	16-May-23	20-May-23	1.45	60	28.53745	overwight
6573567546	faisal	Male	17-May-23	21-May-23	1.9	110	30.47091	obesity
5.67547E+21	ka2ka2	Male	18-May-23	22-May-23	1.12	70	55.80357	obesity
46567676767	messi	Male	19-May-23	23-May-23	1.8	60	18.51851	normal
6756785678	harry koko	Male	20-May-23	24-May-23	2	70	17.5	under



# Links

1. <https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742>
2. <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/treatment>
3. <https://health.clevelandclinic.org/how-to-lose-weight/>
4. <https://www.cdc.gov/obesity/basics/consequences.html#:~:text=Adults%20with%20obesity%20have%20higher,as%20clinical%20depression%20and%20anxiety>
5. <https://www.cdc.gov/obesity/index.html>

# Citation

1. Haddadin, K. A. (n.d.). Understanding adult overweight & obesity - NIDDK. National Institute of Diabetes and Digestive and Kidney Diseases. Retrieved May 5, 2023, from <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/>
2. Mayo Foundation for Medical Education and Research. (2021, September 2). Obesity. Mayo Clinic. Retrieved May 3, 2023, from <https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742>
3. Haddadin, K. A. (2023, January 5). 8 strategies to help you lose weightkaram. Cleveland Clinic. Retrieved May 5, 2023, from <https://health.clevelandclinic.org/how-to-lose-weight/>
- 4.Haddadin, K. A. (2022, July 15). Consequences of obesity. Centers for Disease Control and Prevention. Retrieved May 5, 2023, from <https://www.cdc.gov/obesity/basics/consequences.html#:~>
- 5.Centers for Disease Control and Prevention. (2022, September 27). Overweight & obesity. Centers for Disease Control and Prevention. <https://www.cdc.gov/obesity/index.html>