

# Obesity

By: Suhail Khalaf, Oun Zawaideh, George Samawi

# *warmup*

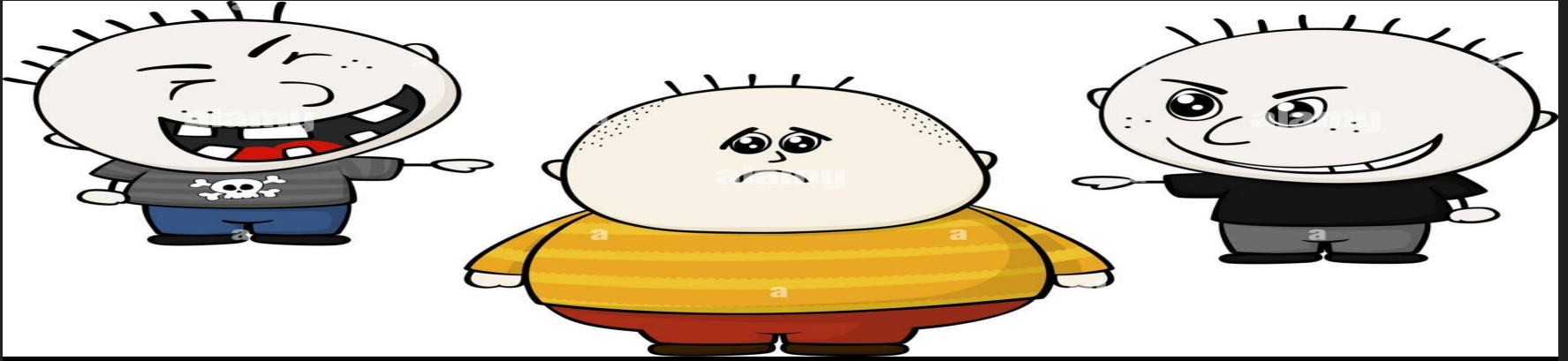
Important video about obesity

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

# Obesity



# Problems



alamy

Image ID: JAMTRD  
www.alamy.com




dreamstime.com

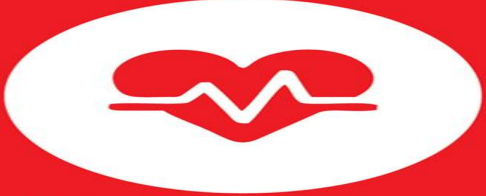
ID 174864724 © Airdone

# Causes



# Consequences

 I am over weight  
I have risk of...



**Hypertension**  
**High Blood Pressure**





# Solutions



# BMI

## BODY MASS INDEX



**UNDERWEIGHT**  
**<18,5**



**NORMAL**  
**18,5-24,9**



**OVERWEIGHT**  
**25-29,9**



**OBESE**  
**30-34,9**



**EXTREMELY OBESE**  
**35<**

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	15.89779	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
16567676767	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>

# 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#:~>

## *Game For Candy*

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

