PREVENTION OF OVERWEIGHT AND OBESITY

CAUSES OF OBESITY

There are many reasons why people become obese.
Obesity happens when a person takes in more energy (calories) than the body uses – over a long time.
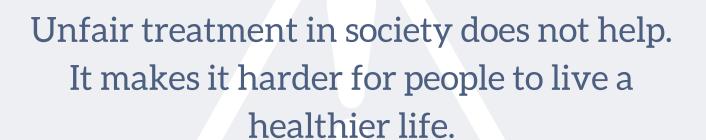
This often happens because of:

- Unhealthy eating
- Little physical activity
- A lot of sitting

In recent years, changes in daily life have made these habits more common.
So, the risk of obesity is now higher.
Genes and mental health problems can also play a part in obesity.

Unfair treatment in society does not help.
It makes it harder for people to live a healthier life.

MEANING: WHAT IS OBESITY?

Obesity is a long-term disease.
The body has too much fat, which is dangerous for your health.

A person is obese if their BMI is 30 or more.
BMI means Body Mass Index.
You calculate BMI like this:
Body weight (kg) ÷ height (m) × height (m)

CONSEQUENCES OF BEING OVERWEIGHT

Obesity can lead to many serious diseases, such as:

- Diabetes (a blood sugar problem)
- Heart problems like high blood pressure or stroke
- Breathing problems
- Cancer
- Stomach and bowel diseases

In many countries, people with obesity are blamed for their condition.
This leads others to believe that it is only their fault.