



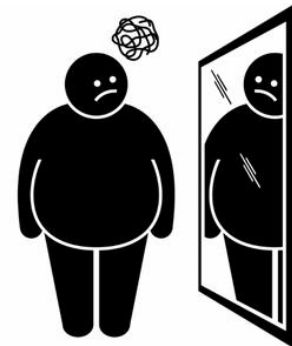
Remote
Health



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Course Materials

Creating good habits:
Prevention of
overweight and obesity



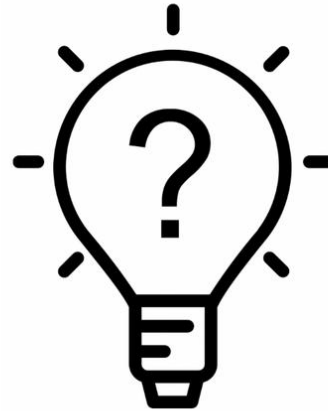


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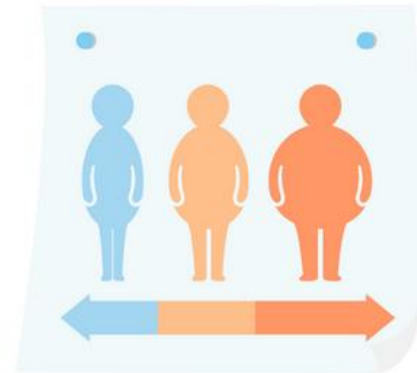


What is obesity?



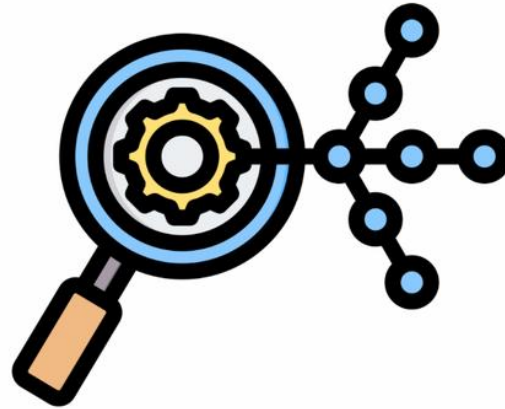


Obesity is a chronic disease characterized by an increase in body fat reserves, which poses a significant health risk. Obesity is defined by a BMI of 30. This is calculated by dividing the body weight (kg) by the height (cm) squared.





Causes of obesity ^{1, 2, 3}





There are numerous factors that influence the development of obesity.

Essentially, obesity develops as a result of a chronic energy imbalance and is maintained by a persistent increase in energy intake. Changing lifestyles in recent years, which have resulted in unhealthy diets, low physical activity, and sedentary lifestyles, have significantly increased the risk of developing obesity.

Auch Genetics and mental health also play a role in the development of obesity.





50% of people have an unhealthy diet



1 out of 3 people do not exercise enough



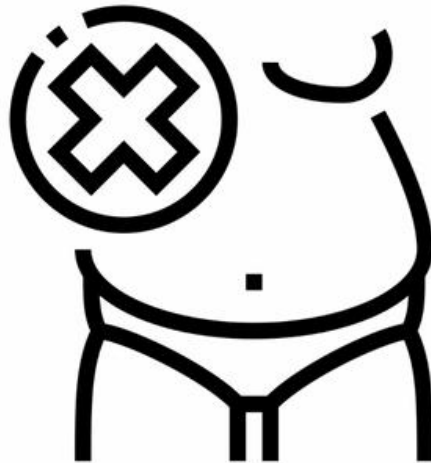
40% of waking time is spent in sedentary activities



2 out of 5 people do not eat enough fruits and vegetables



Consequences of overweight and obesity ^{2, 3, 4}





Consequential diseases

Consequential diseases of obesity include metabolic complications such as diabetes, cardiovascular disorders such as hypertension or stroke, respiratory diseases, cancers, and diseases of the gastrointestinal tract.

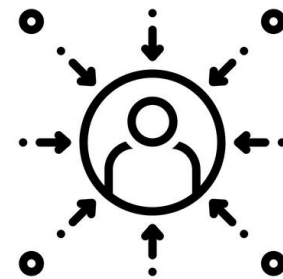




Stigmatization and negative effects on society







In many countries, obese people are blamed for their disease. This stigmatization reinforces the assumption that obesity is solely the person's responsibility.

This affects mental and physical well-being and can prevent people from seeking the medical care they need.





Consequences for individuals

 <p>Poorer health in childhood</p>	 <p>Poorer career prospects</p>	 <p>Lower self-esteem</p>
 <p>Higher risk of being bullied</p>	 <p>More sick days and poorer academic performance</p>	 <p>Poorer health in Adulthood</p>



Systemic biases do not help people
adopt healthier lifestyles



What needs to change ^{1, 2, 4}

Measures in the area of public health





- ☞ Improving the environment in which children live, play and learn
- ☞ Implement policies to promote healthy eating environments for mothers, infants, and children
- ☞ Increase policy priority to ensure safe and accessible environments for physical activity for children and youth
- ☞ Universal health coverage for all people to ensure that everyone has access to needed obesity prevention and treatment services





Sources:

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