

# PREVENTION OF OVERWEIGHT AND OBESITY



## CAUSES OF OBESITY



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 the past few years, which have resulted in unhealthy diets, low physical activity, and sedentary lifestyles, have significantly increased the risk of developing obesity. Genetics and mental health also play a role in the development of obesity.

Systemic biases do not help people to adopt healthier lifestyles



## DEFINITION: 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.

## CONSEQUENCES OF BEING OVERWEIGHT

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.

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



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