

# OBESITY

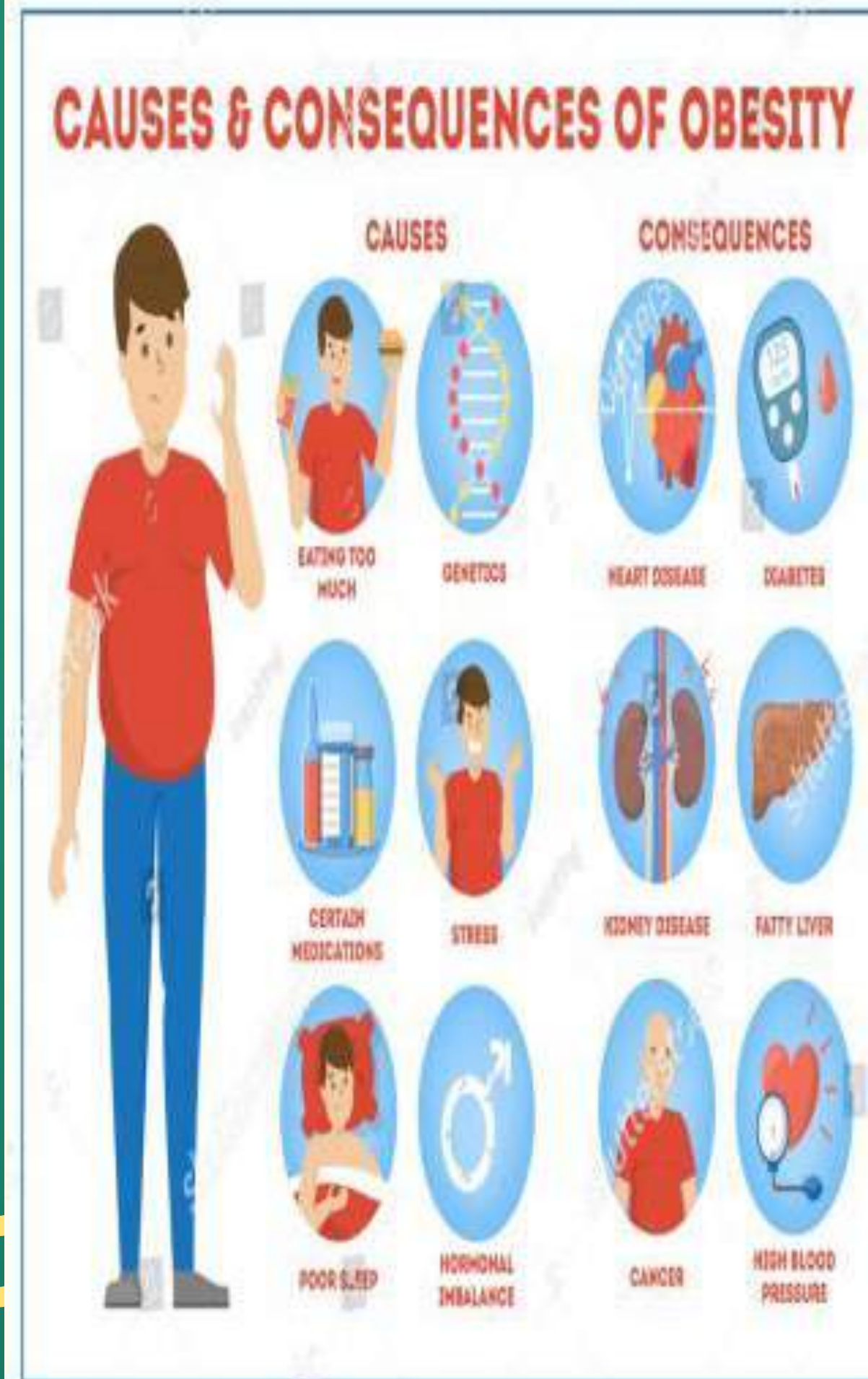
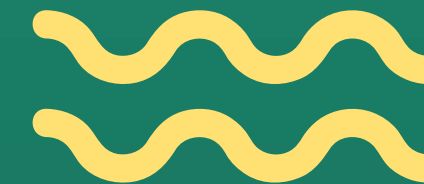
**“Obesity is a chronic disease.”**

**Dr. AAMENA ZAIDI –School of Health Sciences**

# OBESITY

Vast segments of populations of the third world are today in various stages of developmental transition. There are population that are not as yet rid of their problems of under nutrition at one end of spectrum while on the other end the problem of obesity is increasing.

Obesity is associated with a higher risk for serious diseases, such as type 2 diabetes, heart disease, and cancer.





# DEFINITION OF OBESITY

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- Obesity is a positive energy balance, the intake of calories is more than the expenditure of energy.
- Obesity is a state in which there is a generalised accumulation of excess adipose tissue in the body leading to more than 20 per cent of the desirable weight.

**“Obesity is a chronic disease.”**



# — Causes of Obesity ”

Eating more calories than you burn in daily activity and exercise — on a long-term basis — can lead to obesity. Over time, these extra calories add up and cause weight gain.

But it's not always just about calories in and calories out, or having a sedentary lifestyle. While those are indeed causes of obesity, some causes you can't control.



# Different factors affecting obesity

Genetic factors

Age and sex

Eating habits

Physical activity

Stress

Endocrine factor



# Assessment of Obesity”

● **BMI body mass index**- It is also called Quetlet index.

- The normal range is 19-24.9 kg/m<sup>2</sup>,
- Overweight is 25-29.9 kg/m<sup>2</sup>, and
- Obesity  $\geq$  30 kg/m<sup>2</sup>.

•  $BMI = \text{Weight (kg)} / \text{Height (m}^2\text{)}$



# TREATMENT

**Low-carb diets**



**Lifestyle changes**

**Plant-based diets**



**Exercise programs**

**Intermittent fasting**



**Prescription medications**

# Healthy Food Pyramid







# About Healthy Food

In a healthy diet is a balanced representation of three main components:



**15%**  
Protein



**25%**  
Vegetables



**18%**  
Fiber



**35%**  
Carbohydrates



**20%**  
Fats



**05%**  
Sugar

# Impact of Unhealthy Food

Stroke



Diabetes



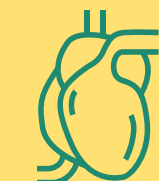
Dehydration



Obesity



Heart Disease



Heart Attack

# Healthy Drink



**Avocado**



**Carrot**



**Cucumber**





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Health is not important  
when you are healthy, but  
becomes very important  
when you are sick

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# EAT HEALTHY STAY HEALTHY

Eating healthy means living  
longer and better

