

O B E S I T Y

Definition:

The term obese describes a person who's very overweight, with a lot of body fat.
(*Obesity, 2020*)

WHO Is At Risk of Obesity?

ANYONE!

WHY Would You Be at RISK?

- A neighbourhood with limited healthy food options
- Haven't yet learned to cook healthy meals
- Don't think you can afford healthier foods
- Haven't found Trusted Source a good place to play, walk, or exercise in your neighbourhood



Preventions

Aim for moderate exercise like **walking, swimming, or biking** for 20 to 30 minutes every day.

Eat well by choosing nutritious **foods, like fruits, vegetables, whole grains, and lean protein.**

(*Everything You Need to Know About Obesity, 2020*)

Reference:

Health Essentials from Cleveland Clinic. 2020. Study Finds Obesity Itself Raises Risk Of Diabetes And Cardiovascular Disease. [online] Available at: <<https://health.clevelandclinic.org/study-finds-obesity-itself-raises-risk-of-diabetes-and-cardiovascular-disease/>> [Accessed 9 November 2020].

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Feast. 2020. Junk Food Overload. [online] Available at: <<https://vocal.media/feast/junk-food-overload>> [Accessed 15 November 2020].

nhs.uk. 2020. Obesity. [online] Available at: <<https://www.nhs.uk/conditions/obesity/>> [Accessed 10 November 2020].

Treatment – Management Options

A structured exercise program and increased daily activity

Gastric Sleeve
Gastric-Bypass
Gastric Band

People will often have to lose some weight before undergoing surgery. Additionally, they'll normally undergo counselling to ensure that they're both emotionally prepared for the surgery and willing to make the necessary lifestyle changes that it'll require.



Complications Of Obesity

- type 2 diabetes
- heart disease
- high blood pressure
- certain cancers
- stroke
- gallbladder disease
- fatty liver disease
- high cholesterol
- sleep apnea and other breathing problems
- arthritis
- infertility

(*Everything You Need to Know About Obesity, 2020*)