

OBESITY



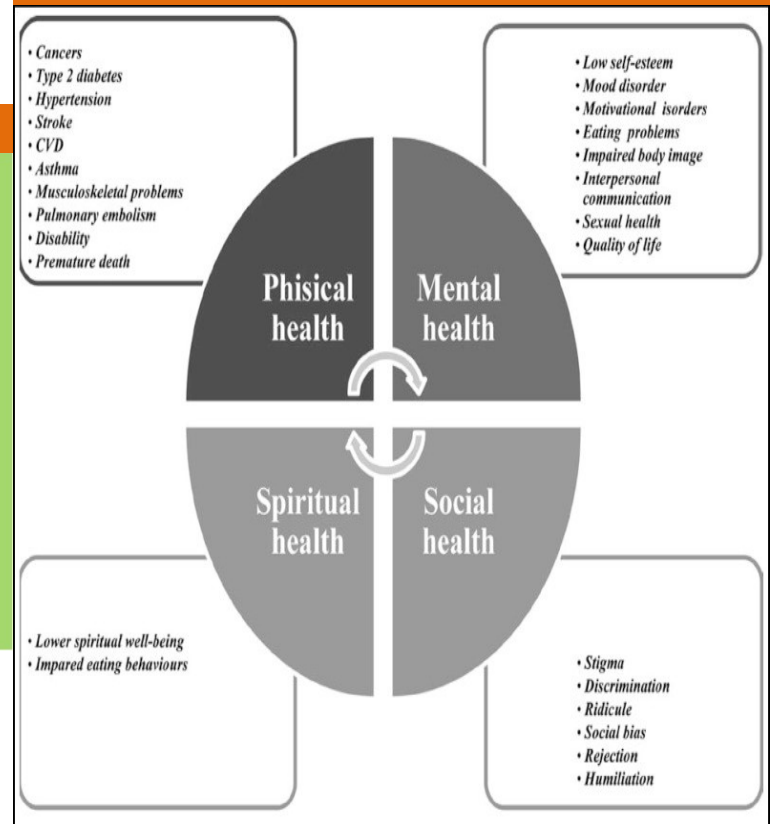
FACTS ABOUT OBESITY

1. Obesity can be prevented
2. Most of the world's population live in countries where overweight and obesity kills more people than underweight.
3. In 2016, 39 percent of adults aged 18 and above were overweight, with 13 percent being obese.
4. Overweight adults aged 18 and more made up more than 1.9 billion people in 2016. Over 650 million of these people were overweight.
5. In 2016, nearly 340 million children and adolescents aged 5 to 19 years old were overweight or obese.
6. By 2020, 39 million children under the age of five were obese

Known Causes of Obesity

❑ Sedentary Lifestyle	Overeating
❑ Genetic Mkeu	Much carbohydrates intake
❑ High eating frequency	Sedentary Lifestyle
❑ Overeating	Genetic Mkeup
❑ Eating much carbohydrates intake	High eating frequency
❑ Medications	Medications
❑ Emotional imbalance	Diseases
❑ Socio economic issues (Larabee, Neely, and Domingos.(2020)	

OBESITY AND ITRS CONSEQUENCES



CASE INTERVENTION (PATIENT G)00

- Male, 40 years old, BMI-24.21, For 170.10metres, 70.06weight, sedentary life, takes alcohol, does little or no exercise, consumes carbohydrate in large quantity.
- Blood pressure- 144/93

RISK/ CONSEQUENCES FOR PATIENTS

Patient G has every potential for obesity. Also predisposed to HBP considering the present status and history. The patient is also predisposed to other cardiovascular diseases.

HEALTHY OPTIONS AVAILABLE

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