



## **INTRODUCTION TO PHYSIOLOGY**

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OBESITY**

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# Obesity



## Obesity

is defined as a chronic metabolic disease that leads to an accumulation of excess body fat. Often called fatness or corpulence, the phenomenon underlying the occurrence of obesity is represented by a chronic imbalance, between increased caloric intake and low energy consumption that lead to a positive energy balance. In the UK it affects one in four adults and one in five children up to the age of 11. (nhs.uk, 2017)

With the exception of some genetic factors, obesity is associated with lack of physical exercise and unhealthy food, being much more common in socially disadvantaged communities, lower social classes and especially among women. Obese people are at increased risk for several conditions, including: hypertension, type 2 diabetes, coronary heart disease, stroke, osteoarthritis, some cancers, anxiety or depression.

The most appropriate attitude to combat obesity and its effects is lifestyle change, regular physical exercise and the adoption of a low-calorie diet, possibly under the supervision of a specialist. Being one of the great threats of the 21st century to the health of the population, important resources are allocated to the counseling and treatment of this disease, being available many programs for those who want to get rid of this scourge. As the risk of obesity begins to become a common problem after the age of 30, the time factor is also of great importance in managing this condition. In some cases, drug treatment (Orlistat) or weight loss surgery is recommended.

**“The causes of obesity are varied and complex, but the lack of daily physical activity is an important factor.”**

**(Lavizzo-Mourey , 2012)**

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