

O B E S I T Y

Definition of Obesity

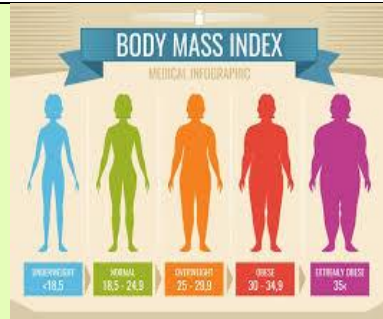
This is a medical term used to define an individual with a high additional of body fat (WHO, 2020).



Source: (Bjfm, 2020)

Global Pandemic

Number of obesity and overweight people has reached nearly 2 billion globally (Ronn, 2019). The problem is massive and is valid for the whole world, with a focus in the most developed industrial countries (Ronn, 2019).



Source: (Cdc.gov, 2020)

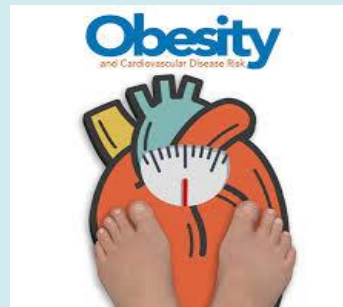
Body Mass Index (BMI)

It is used to measure the body fat. It is calculated as weight in kilograms is divided by height in meters (Powell, 2015).

The individual is overheavy if BMI is among 25 and 29.9 kg/m², obese > 30 and extremely obese > 40. Vital treatment is necessary for the obese people (WHO, 2020).

Risk Factors

- Type II diabetes;
 - High Cholesterol;
 - Heart disease;
 - Cancer;
- (Santos-Burgoa, 2020).



Source: (Acc.org, 2020)

Covid-19 and obesity are the major issues for the high fatality rates during the 2020 world pandemic (Santos-Burgoa, 2020).

Quality of Life

Obesity disturbs the quality of life and leads to psychological complications like:

- Low self-esteem;
- Depression (Lochan, 2014)
- Breathlessness;

The main reason of obesity is the consumption of extra calory like:

- Sugary and fizzy drinks;
- Fatty foods (Lochan, 2014);
- Bakery products;
- French fries (Lochan, 2014);



Source: (Bjfm, 2020)



Source: (Pcm.org, 2020)

Prevention of Obesity is the best treatment

The most important for the obesity prevention is the people:

- To take fewer fatty foods;
- To consume less processed and sugary foods (McHugh, 2012).
- To take more fruits and vegetables
- To limit the screen time to have more physical activities (McHugh, 2012)
- To build more healthy habits
- To reduce the amount of food (McHugh, 2012).

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