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Module title : Introduction to physiology

Obesity Facts and causes



- Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.
- Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults . A body mass index (BMI) over 25 is considered overweight, and over 30 is obese (WHO , 2017).

- People living with obesity have higher chances of developing a range of serious medical issues.
- These health problems affect nearly every part of the body, including the brain, blood vessels, heart, liver, gallbladder, bones, and joints. Being overweight or having obesity greatly increases the risk of stroke, where blood stops flowing to your brain (Jacquelyn C . 2020) .
- In addition, obesity increases the risk of developing gallstones. This is when bile builds up and hardens in the gallbladder. This may require surgery.
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- Fat can also build up around the liver and lead to liver damage, scar tissues, and even liver failure (Jacquelyn C . 2020) .
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- In people with obesity, the heart needs to work harder to pump blood around the body. This leads to high blood pressure, or hypertension. High blood pressure is the leading cause of stroke (Jaquelyn C. 2020) .
- Obesity can also make the body's cells resistant to insulin. Insulin is a hormone that carries sugar from your blood to your cells, where it's used for energy. If you're resistant to insulin, the sugar can't be taken up by the cells, resulting in high blood sugar (Jacquelyn C . 2020) .

- The genes you inherit from your parents may affect the amount of body fat you store, and where that fat is distributed. Genetics may also play a role in how efficiently your body converts food into energy, how your body regulates your appetite and how your body burns calories during exercise (Jacquelyn C , 2020) .

- Unhealthy diet. A diet that's high in calories, lacking in fruits and vegetables, full of fast food, and laden with high-calorie beverages and oversized portions contributes to weight gain.
- Inactivity. If you have a sedentary lifestyle, you can easily take in more calories every day than you burn through exercise and routine daily activities. Looking at computer, tablet and phone screens is a sedentary activity. The number of hours spent in front of a screen is highly associated with weight gain (Jacquelyn .C , 2020) .

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references

world health organisation (2017) *Obesity* (online) Available from : https://www.who.int/health-topics/obesity#tab=tab_1 [Accessed from : 14 November 2020]

Jacquelyn C. (2020) *how does obesity affect the body* (online) available from : <https://www.healthline.com/health/obesity/how-obesity-affects-body> [accessed from : 03 Sep. 21]