



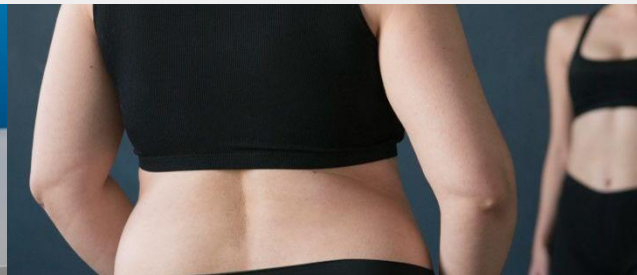
# Obesity In Adults

*MOHAMMED YOUSEF*

*3372*

*PTS BLOCK*

*1/JUNE/2022*





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# Objectives

**01** *Defination of obesity and overweight .*

**02** *Difference between obesity and overweight .*

**03** *Key facts about obesity and overweight .*

**04** *causes of obesity and overweight .*

**05** *Complications of obesity and overweight .*

**06** *How to reduce obesity and overweight .*



# Obesity & Overweight

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.



# Quick question

Is the scale accurate in calculating body fats?

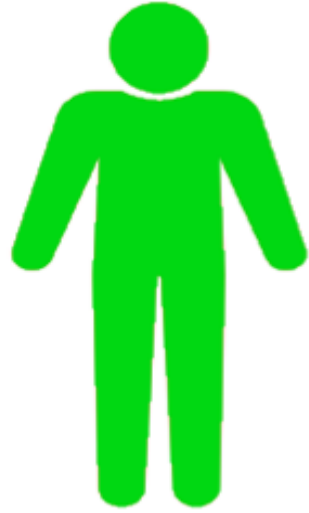




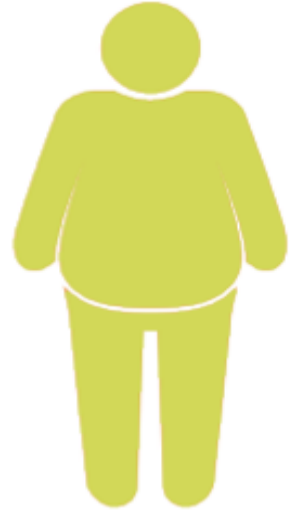
# DIFFERENT BEYWEEN OBESITY & OVERWEIGHT



< 18.5  
UNDERWEIGHT



18.5-24.9  
NORMAL



25-29.9  
OVERWEIGHT



30 <  
OBESE



# KEY FACTS

- ✓ *Worldwide obesity has nearly tripled since 1975.*
- ✓ *In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.*
- ✓ *39% of adults aged 18 years and over were overweight in 2016, and 13% were obese.*
- ✓ *Most of the world's population live in countries where overweight and obesity kills more people than underweight.*
- ✓ *Obesity is preventable.*



# \* CAUSES OF OBESITY & OVERWEIGHT

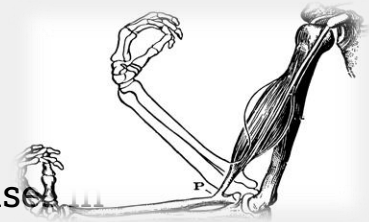


\* *The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended. there has been:*

- *An increased intake of energy-dense foods that are high in fat and sugars.*
- *An increase in physical inactivity due to the increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization.*
- *Changes in dietary and physical activity patterns are often the result of environmental and societal changes associated with development and lack of supportive policies in sectors such as health, agriculture, transport, urban planning, environment, food processing, distribution, marketing, and education*

# COMPLICATIONS OF OBESITY AND OVERWEIGHT .

- Cardiovascular diseases (mainly heart disease and stroke).
- Diabetes .
- Musculoskeletal disorders (especially osteoarthritis – a highly disabling degenerative disease of the joints) .
- Some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon).
- The risk for these noncommunicable diseases increases, with increase



BMI.





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# HOW TO REDUCE OBESITY AND OVERWEIGHT

- limit energy intake from total fats and sugars.
- increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts .
- engage in regular physical activity (60 minutes a day for children and 150 minutes spread through the week for adults).





# Conclusion

- *We defined obesity and overweight.*
- *Differentiate between obesity and overweight.*
- *List of key facts.*
- *Causes of obesity and overweight.*
- *Complications of obesity and overweight.*
- *How to reduce obesity and overweight.*



# References

*Who.int. 2022. Obesity and overweight. [online] Available at:  
<<https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>> [Accessed 31 May 2022].*



THANK YOU 😊

