



**Libyan International Medical University**  
**Faculty of Basic Medical Science**

# OBESITY

- **PTS 4**
- **1\JUNE\2022**
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# OBJECTIVES

- INTRODUCTION TO OBESITY.
- OBESITY OVER THE WORLD.
- CLASSIFICATION OF OBESITY.
- ENERGY BALANCE & BODY MASS INDEX.
- CONSEQUENCES OF OBESITY.
- MANAGEMENT OF OBESITY.

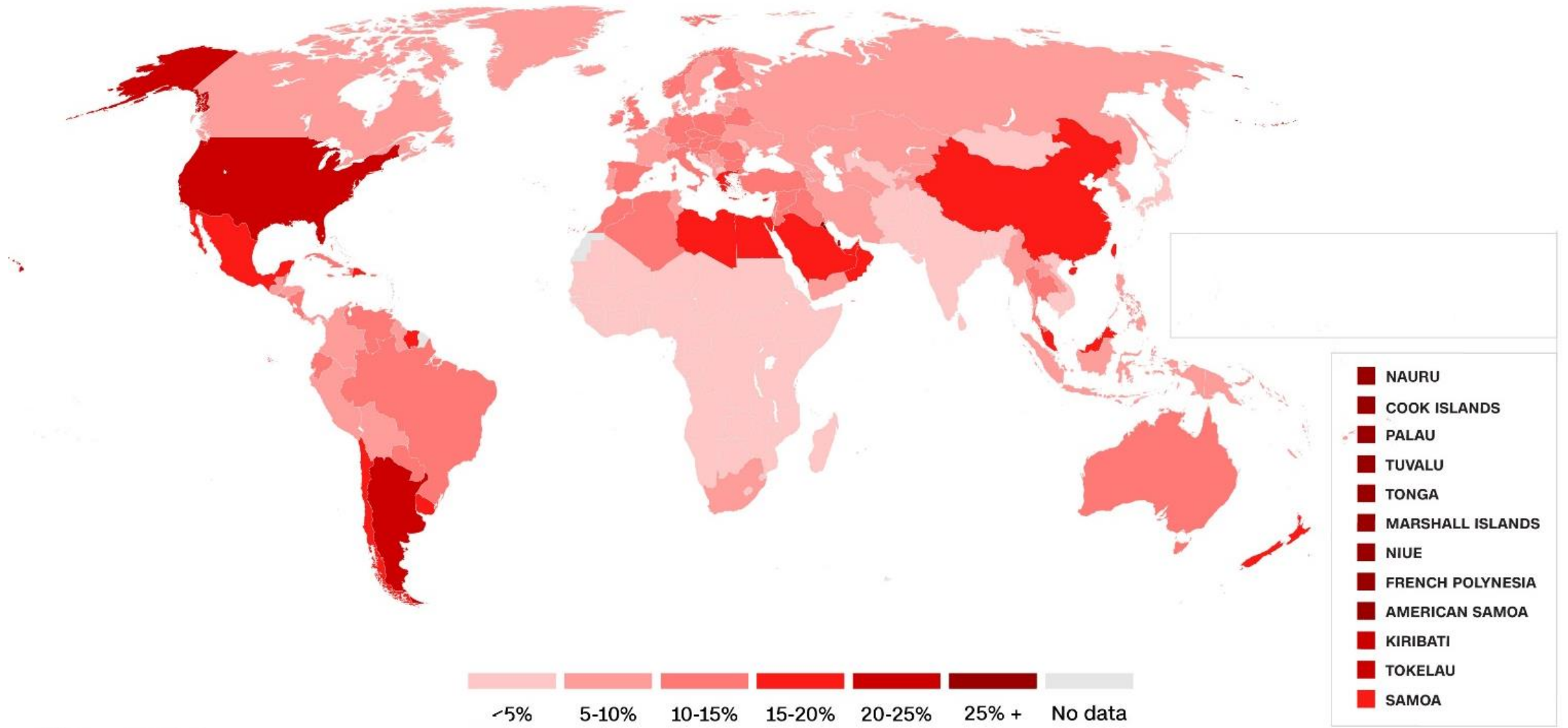


**OBESITY** IS A COMPLEX CONDITION, ONE WITH  
SERIOUS SOCIAL AND PHYSIOLOGICAL DIMENSIONS.



**In 2016, more than:**

- **1.9 billion adults (18 years and older) were overweight, over 650 million were obese.**
  
- **Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.**



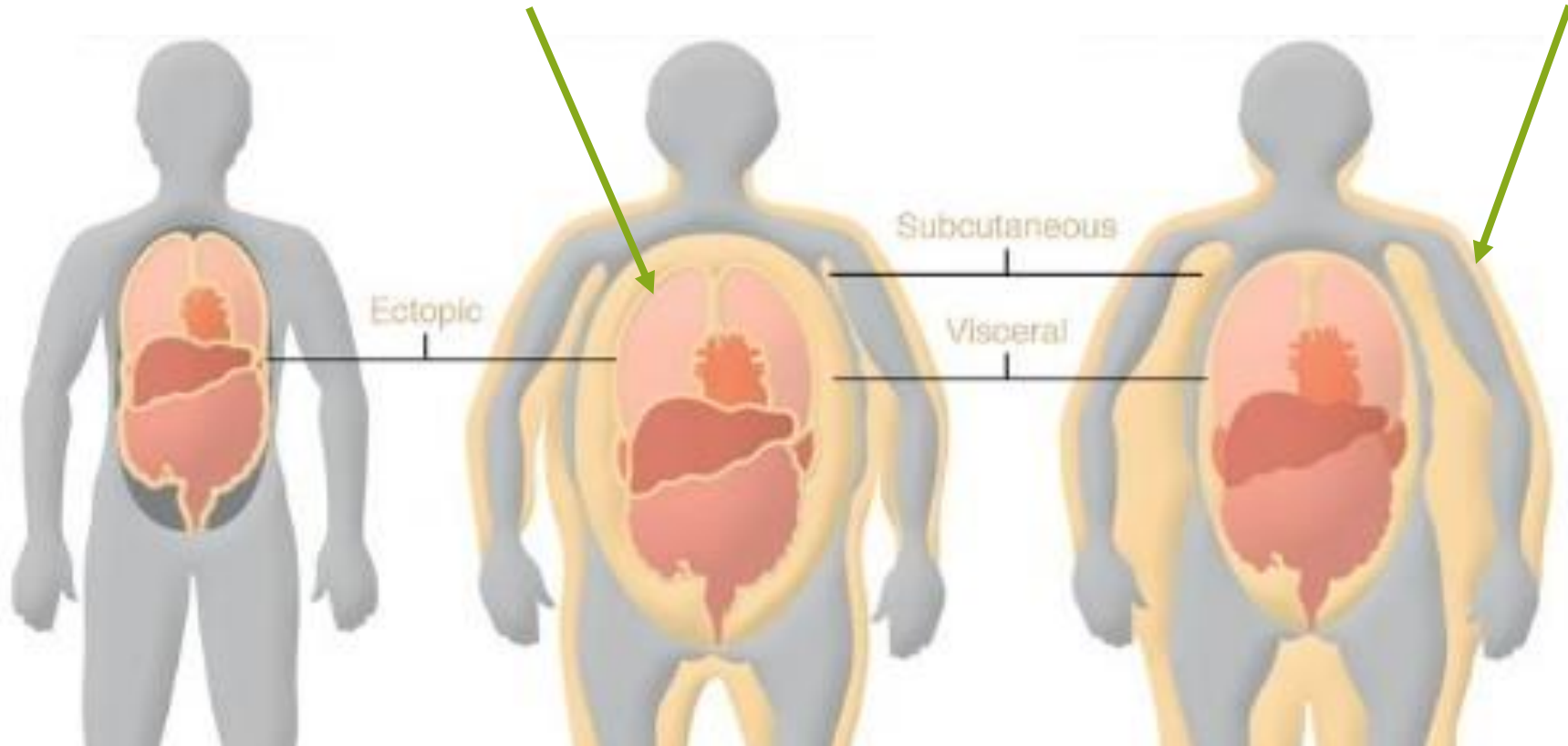
**OBESITY** IS AN ABNORMAL HYPERTROPHY  
OR HYPERPLASIA OF ADIPOSE TISSUE..

LEADING TO EXCESSIVE FAT ACCUMULATION  
THAT IS SUFFICIENT MAGNITUDE TO  
PRODUCE ADVERSE HEALTH EFFECTS.

# CLASSIFICATION OF OBESITY:

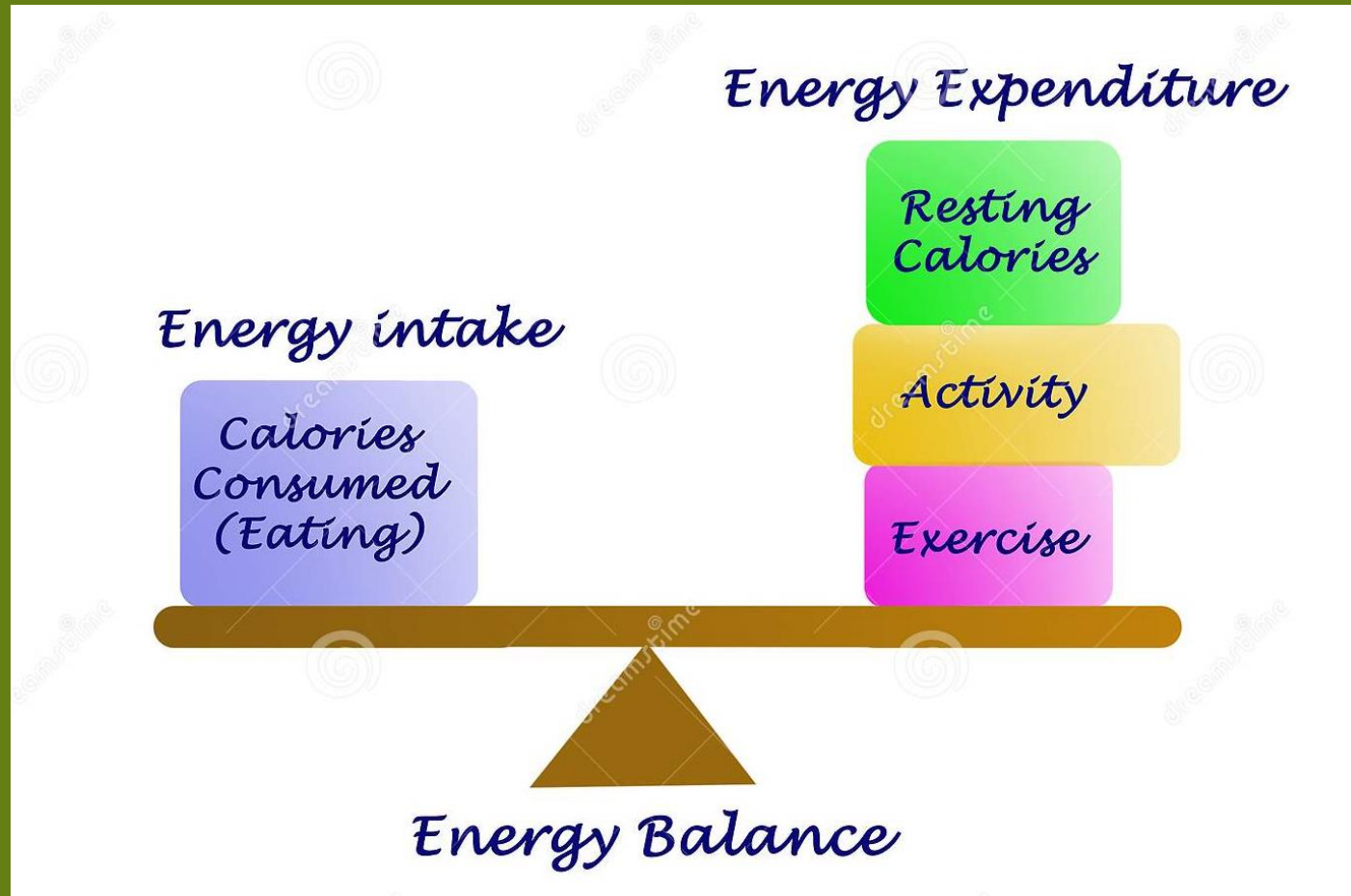
**Visceral  
(central) obesity**

**Subcutaneous  
(peripheral) obesity**



# ENERGY BALANCE

“INTAKE” & “EXPENDITURE”





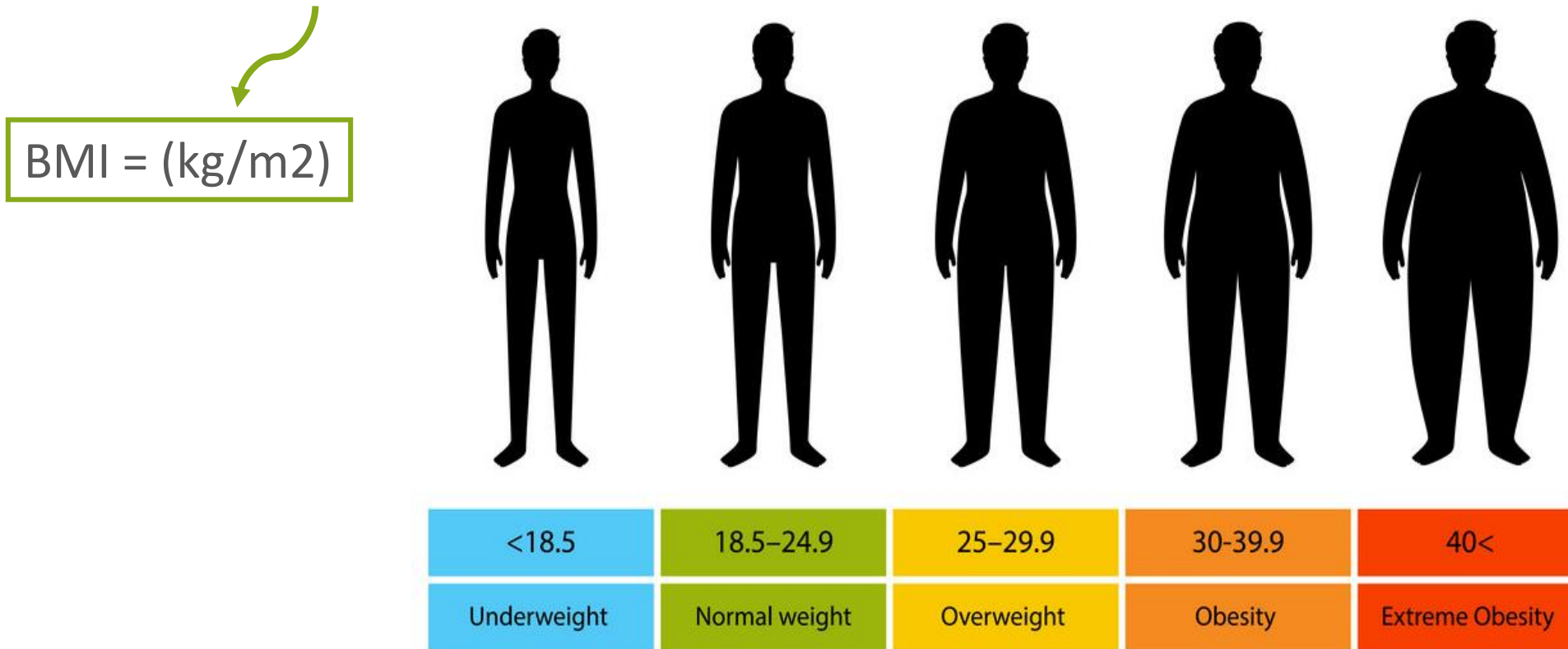
# OBESITY

## IS A DISORDER OF ENERGY BALANCE



# BODY MASS INDEX

WEIGHT IN KILOGRAMS DIVIDED BY THE SQUARE OF HEIGHT IN METERS



WHO defines overweight as a BMI equal to or more than 25, & obesity as a BMI equal to or more than 30.



# CONSEQUENCES OF OBESITY

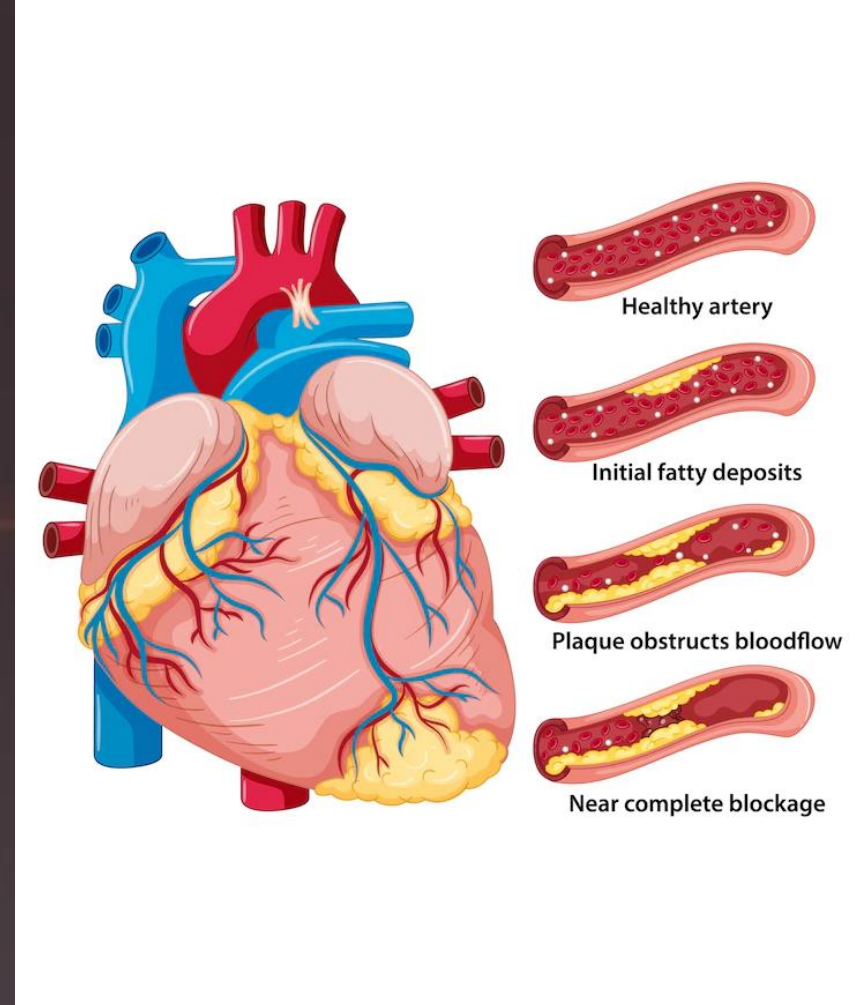




HYPERTENSION



ISCHEMIC HEART DISEASE



CORONARY ARTERY DISEASE

# Cardiovascular diseases





HYPOVENTILATION

Respiratory  
Disorder



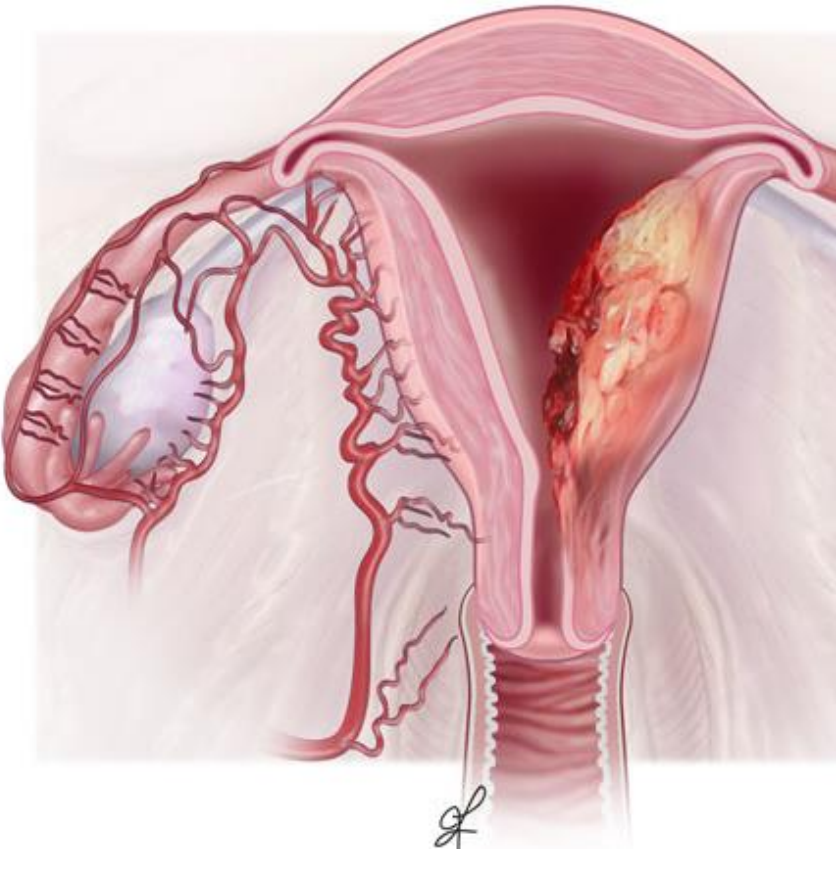
LIVER DISEASES

GIT Diseases



Complications  
of pregnancy

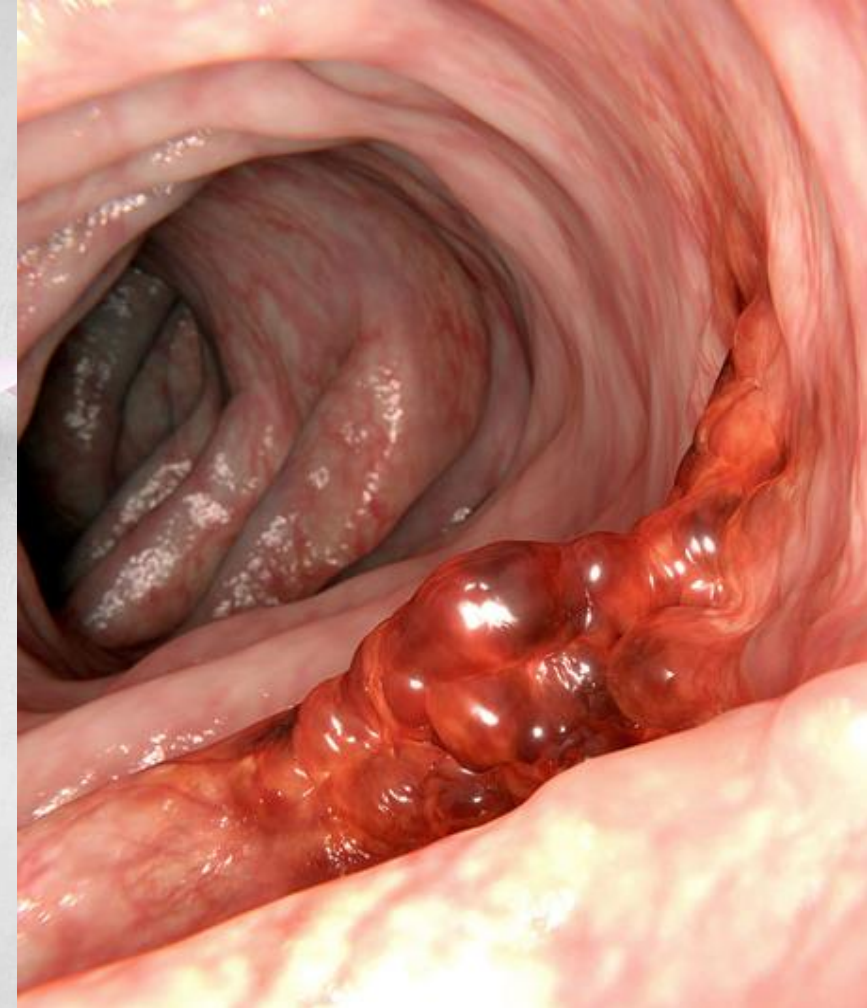




ENDOMETRIAL  
CANCER



BREAST CANCER



COLON CANCER

# Cancers

A man with a beard, wearing a white t-shirt and grey shorts, is sitting on a bed. He is looking out a window with sheer curtains. The room is dimly lit, with light coming from the window. The background is a solid green color.

# Psychological Disorders



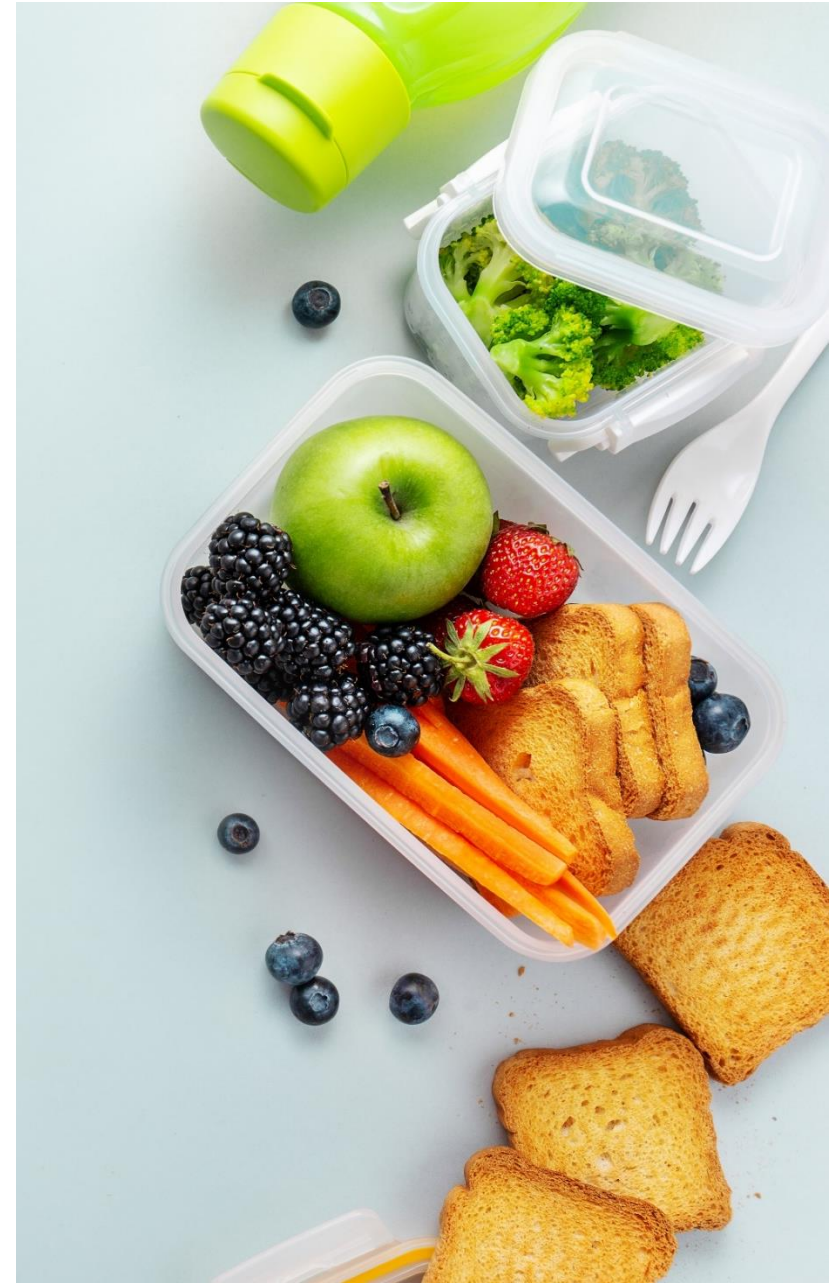
A man with a beard and a headband is sitting on a gym bench, looking intently at the camera. He is wearing a dark purple tank top and white wristbands. The background shows gym equipment, including a barbell with weights.

WE CAN PREVENT OBESITY...



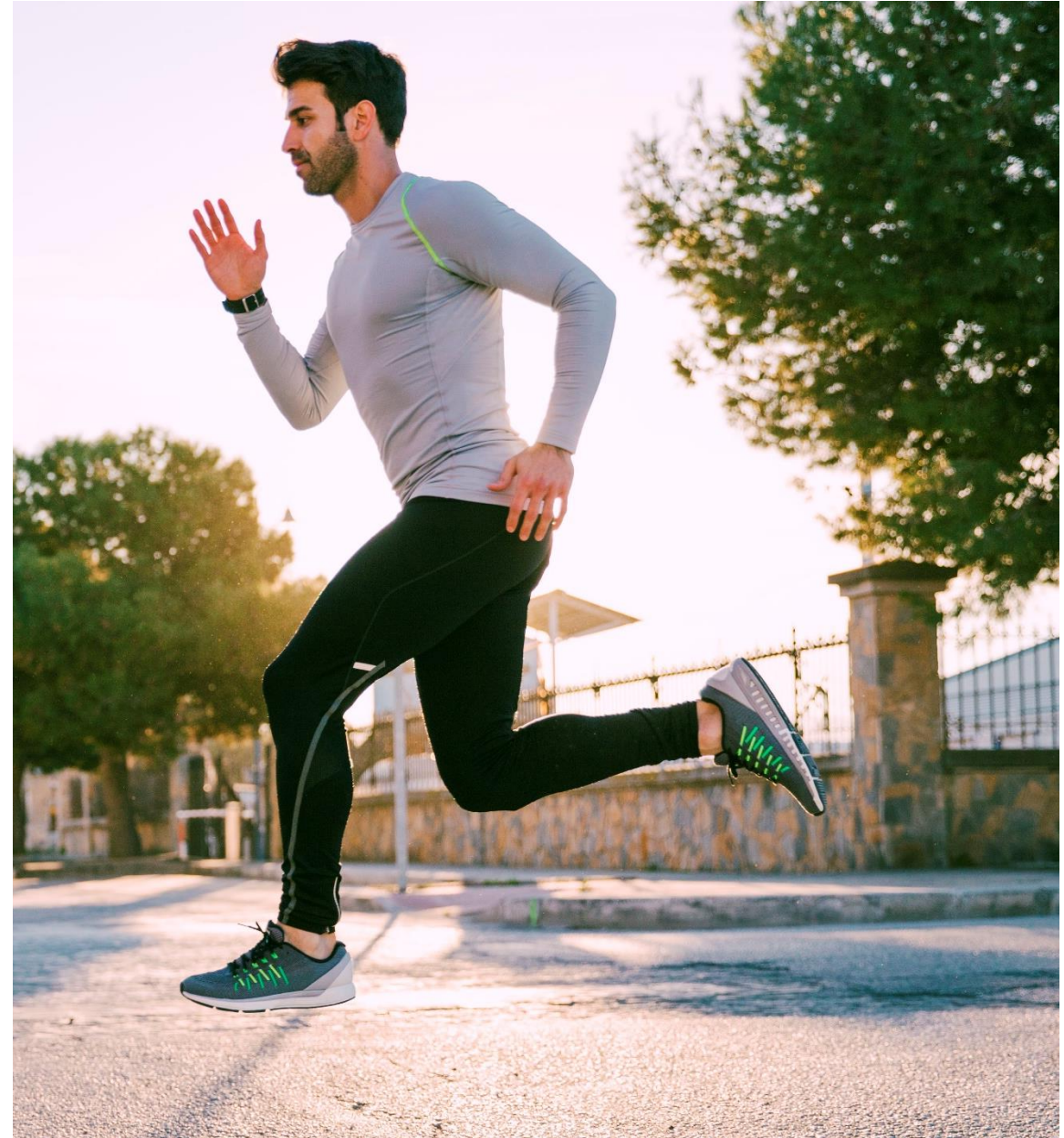
## At the individual level:

- Train children on good dietary practices and protect them from junk food.
- Increase consumption of fruits and vegetables, as well as legumes, whole grains and nuts.



## At the individual level:

- **Increase physical activity—At least 30 minutes of regular, moderate intensity activity on most days.**
- **Increase fibers in diet.**



## At the individual level:

- Limit the intake of sugars.



- Limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fats.





## At Community level

- Encourage physical activity or limit sedentary activity among children and youth.
- Support healthy food and beverage choices.
- Encourage breastfeeding.
- Create safe communities that support physical activity





## At Community level

- Increasing availability to healthier food.
- Increasing the amount of physical education.
- Enhancing infrastructure for bicycling/walking.



# THERE'S NO QUICK FIX FOR OBESITY

**REMEMBER**, that even losing what seems like a small amount of weight, such as 3% or more of your original body weight, and maintaining this **for life**, can significantly reduce your risk of developing obesity-related complications.

# REFERENCES

- [HTTP://WWW.WORLDCAT.ORG/OCLC/939985462](http://www.worldcat.org/oclc/939985462)
- [HTTP://WWW.WORLDCAT.ORG/OCLC/1000617291](http://www.worldcat.org/oclc/1000617291)
- [HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/OBESITY-AND-OVERWEIGHT](https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight)
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THANK YOU

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