

# Obesity

Medical conditions in which excess body fat has accumulated to an extent that it may have a negative effect on health.

**Causes:** When you take in more calories than you burn through normal daily activities and exercise. Your body stores excess calories as fat.

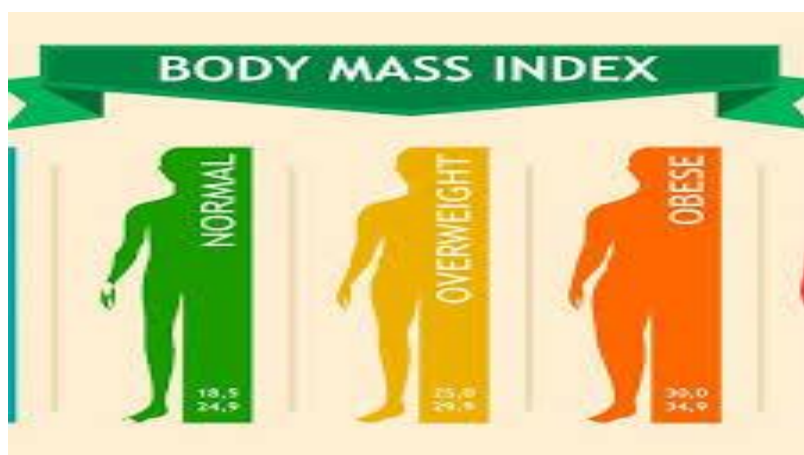
People with obesity might eat more calories before feeling full, feel hungry sooner or eat more due to stress or anxiety.

**Diagnosis:** A doctor will typically perform a physical exam & recommend some tests

*Taking your history.*

*A general physical exam.*

*Measuring your waist circumference & calculating your BMI.*



**Obesity is linked to more chronic conditions like:**

**Heart disease and strokes**

Type 2 diabetes & cardiovascular diseases. Sleep apnea & joint problems. Digestive problems & Certain cancers

**Quality of life**

Obesity can diminish the overall quality of life. You may not be able to do physical activities that you used to enjoy. You may avoid public places, people with obesity may even encounter discrimination.

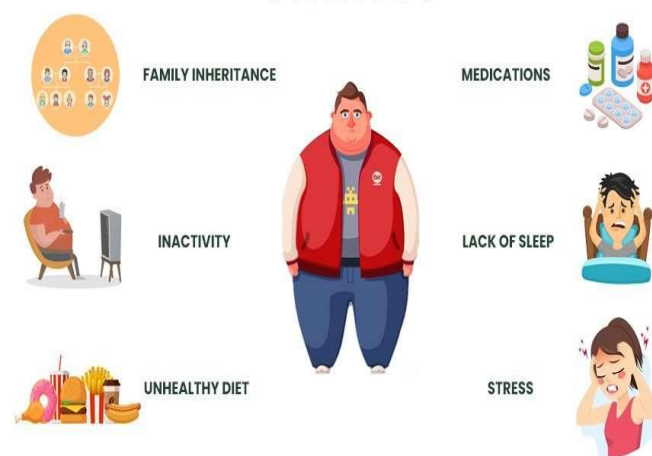
**Other weight-related issues that may affect your quality of life include:**  
Depression & Disability

Shame & guilt

Social isolation



## RISK FACTORS OF OBESITY



- 1- **Family inheritance & influences:** The genes you inherit from your parents may affect the amount of body fat you store, and where that fat is distributed.
- 2- **Lifestyle choices:** Eating unhealthy food and inactivity.
- 3- **Certain diseases & medications.**
- 4- **Age:** obesity can occur at any age, even in young children. As you age, hormonal changes & a less activity lifestyle increase your risk of obesity. Also, the amount of muscle in your body tends to decrease with age.
- 5- **Other factors:**

Pregnancy.

Quitting smoking is often linked with weight gain.

Lack of sleep: sleeping too much or not getting enough sleep may affect hormones that increase appetite.

Stress: Many external factors that affect mood and well-being may contribute to obesity.

# Diet Plan

## Prevention of obesity

**Balanced Diet:** A balanced diet rich in fruits, vegetables, lean proteins, and whole grains is the foundation of a healthy lifestyle.

**Portion Control:** Controlling portion sizes is essential to avoid overeating.

**Mindful Eating:** Being present and conscious while eating can help prevent mindless snacking and emotional eating.

**Exercise Routines:** Engaging in regular exercise is critical. A mix of aerobic and strength-training exercises is effective for weight management.

### Incorporating Physical Activity into Daily Life

**Stress Management:** Stress Management: Using stress reduction techniques, such as meditation, yoga, or counselling, can reduce emotional eating.

**Sleeping Pattern:** Getting adequate and quality sleep is crucial for managing weight.

## Care of obesity

### Professional Guidance

- **Consulting Healthcare Providers:** Seeking medical guidance is crucial for those struggling with obesity. Healthcare professionals can develop personalised strategies or may even suggest weight loss surgery, depending upon your condition.
- **Nutritionists and Dietitians:** Working with nutrition experts can help individuals tailor their diets to meet their specific needs and preferences.

### Behavioural Changes

- Setting realistic, achievable goals is essential for long-term success.
- Building a support network of friends, family, or support groups can provide encouragement and motivation.

### Medical Interventions

Medication, Bariatric surgery, Long-Term Maintenance

## Prevention

- ♦ Balanced Diet
- ♦ Mindful Eating

- ♦ Exercise Routines
- ♦ Incorporating Physical Activities

- ♦ Stress Management
- ♦ Sleeping Pattern

