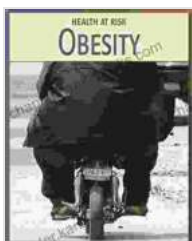# Obesity: 21st Century Skills Library Health At Risk

Obesity is a major public health problem that has reached epidemic proportions in the 21st century. According to the World Health Organization, obesity is defined as a body mass index (BMI) of 30 or greater. BMI is a measure of body fat based on height and weight.

In the United States, over 60% of adults are overweight or obese. Obesity is a major risk factor for a number of chronic diseases, including heart disease, stroke, type 2 diabetes, and cancer. Obesity also has a significant impact on quality of life, and can lead to depression, anxiety, and social isolation.

The causes of obesity are complex and include a combination of genetic, environmental, and behavioral factors. Some of the most common causes of obesity include:

Obesity (21st Century Skills Library: Health at Risk)

by Toney Allman

★★★★☆ 4.5 out of 5

Language : English
File size : 7067 KB
Screen Reader : Supported
Print length : 32 pages

- **Genetics:** Some people are more likely to become obese than others due to their genes. However, genetics is not the only factor that determines whether or not someone will become obese.

- **Environment:** The environment in which we live can also play a role in our weight. Factors such as access to healthy food, safe places to exercise, and social norms can all influence our weight.

- **Behavior:** Our behaviors, such as what we eat and how much we exercise, also play a role in our weight. Eating a diet high in calories and fat, and not getting enough exercise, can lead to weight gain.

The consequences of obesity are also significant. Obesity is a major risk factor for a number of chronic diseases, including:

- **Heart disease:** Obesity increases the risk of heart disease by two to three times. Heart disease is the leading cause of death in the United States.

- **Stroke:** Obesity increases the risk of stroke by two to four times. Stroke is the fifth leading cause of death in the United States.

- **Type 2 diabetes:** Obesity is the leading cause of type 2 diabetes. Type 2 diabetes is a chronic disease that affects how the body uses sugar.

- **Cancer:** Obesity is a risk factor for several types of cancer, including breast cancer, colon cancer, and endometrial cancer.

Obesity also has a significant impact on quality of life. Obese people are more likely to experience depression, anxiety, and social isolation. Obesity

can also make it difficult to perform everyday activities, such as walking, climbing stairs, and getting out of bed.

The treatment of obesity is complex and requires a multidisciplinary approach. There is no single "cure" for obesity, but there are a number of effective treatments available. These treatments include:

- **Diet:** A healthy diet is essential for weight loss and maintenance. A healthy diet should be high in fruits, vegetables, and whole grains, and low in calories and fat.

- **Exercise:** Exercise is another important part of weight loss and maintenance. Exercise helps to burn calories and build muscle.

- **Behavior therapy:** Behavior therapy can help people change their eating and exercise habits.

- **Medication:** Medication may be an option for people who are obese and have not been able to lose weight through diet and exercise alone.

The prevention of obesity is also important. There are a number of things that can be done to prevent obesity, including:

- **Eating a healthy diet:** A healthy diet is essential for preventing obesity. A healthy diet should be high in fruits, vegetables, and whole grains, and low in calories and fat.

- **Getting regular exercise:** Exercise is another important part of preventing obesity. Exercise helps to burn calories and build muscle.

- **Creating a healthy environment:** Creating a healthy environment can help to prevent obesity. This includes making healthy food choices

available, providing safe places to exercise, and promoting healthy social norms.

Obesity is a serious public health problem that has a significant impact on the health and quality of life of millions of people. However, there are a number of effective treatments and prevention strategies available. By working together, we can help to reduce the burden of obesity and improve the health and well-being of our communities.

Obesity is a complex and challenging issue, but it is one that we can overcome. By working together, we can help to reduce the burden of obesity and improve the health and well-being of our communities.
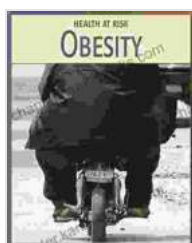
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