



OBESITY

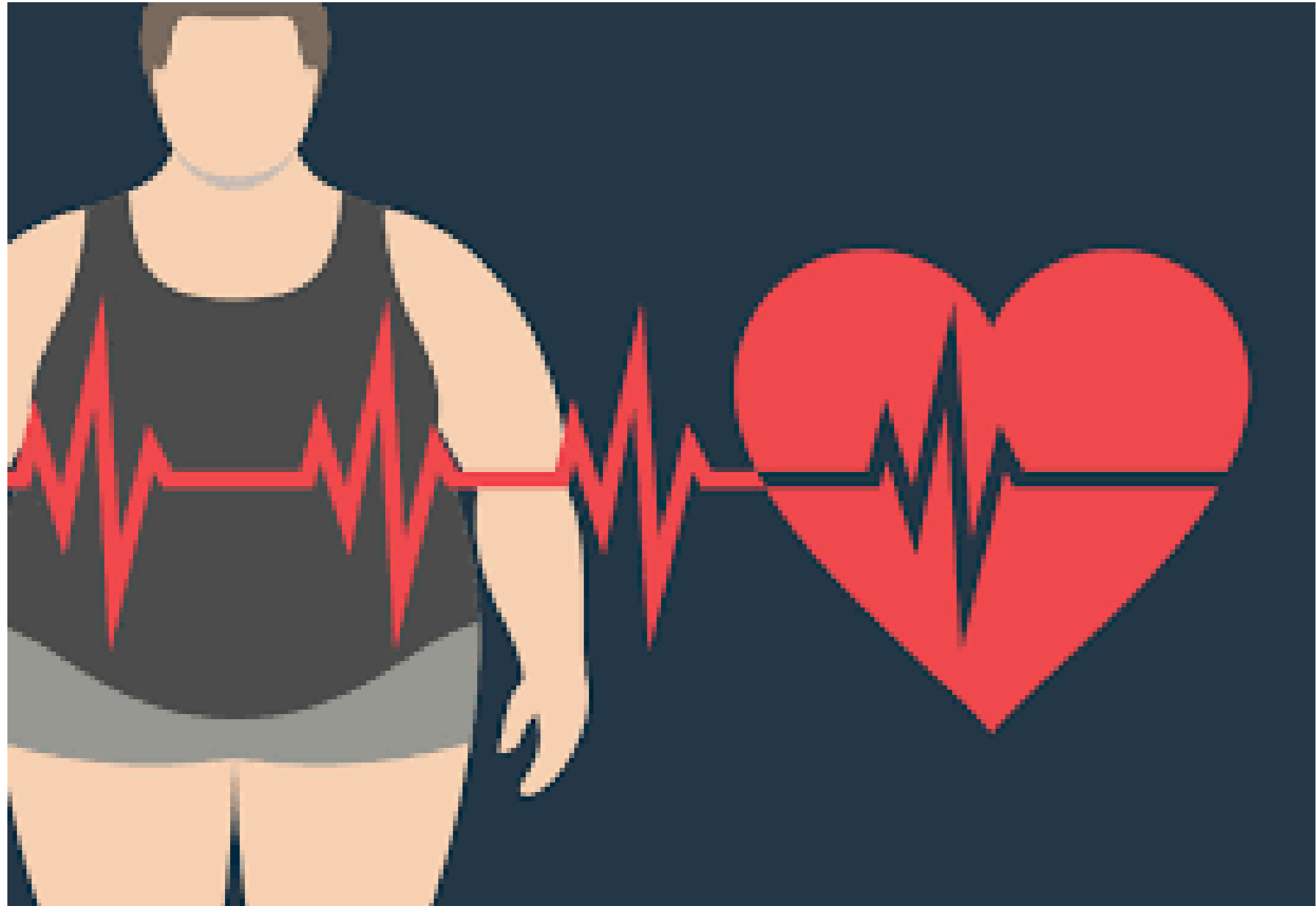
— H o s s a i n A h m e d

What is Obesity?

Obesity is a medical condition that involve excess amount of fat in an individual's body. It has been increasing rapidly over the years since the 1900s. Due to less work activity in our daily life with modern technology, obesity in the USA is increasing. In addition to the lack of physical activity, today, Americans are eating more calories than ever before. Obesity affects 1 in 5 children in the U.S. Obesity can cause many health problems.

Potential Health Problems Due to Obesity:

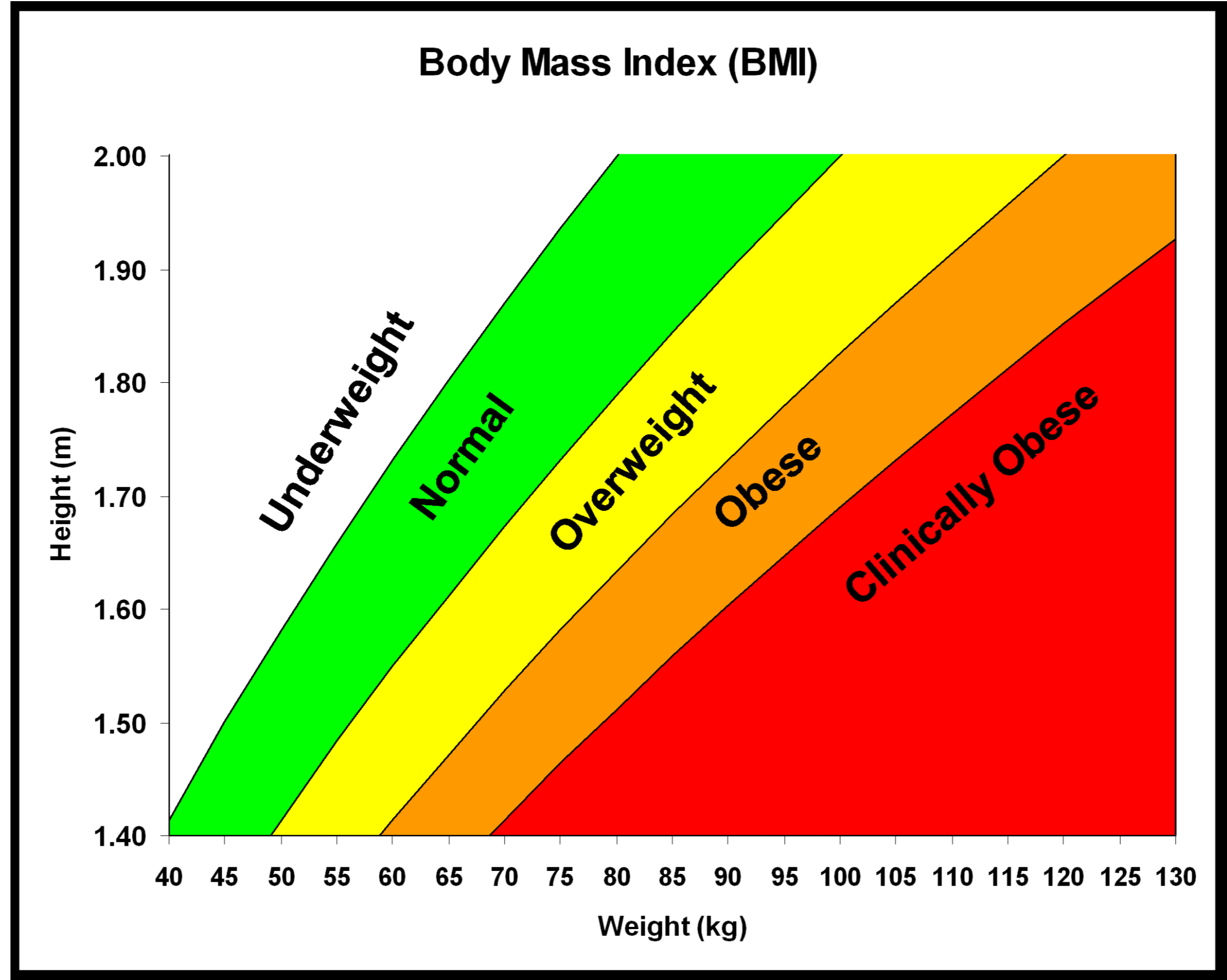
- Diabetes
- Heart disease
- Hypertension
- Cancer
- Mental illness, such as depression, and anxiety
- Breathing problems



How Do I Know If I Am Obese?

You can calculate your body mass index by using a simple formula. The BMI is a measure of of body fat based height and weight that applies to men, women, and children. The higher the number is, the more body fat a person has.

BMI = Weight/Height x Height



Visit your doctor today to check on your or your child's weight. Speak to your doctor to discuss about nutrition and behavior therapy if your child is overweight.

What Can I Do To Prevent and Manage Obesity?

It is best to teach children healthy habits and staying active while they are young. Overweight children are more likely to become overweight adults.

Here are some of the way to prevent obesity:

- Replace "bad" fat with "good" fat
- Consume less processed and sugary foods
- Eat larger servings of vegetables and fruits
- Eat low calorie food
- Limit carbohydrate
- Measure your food to control portion
- Limit television time and screen time
- Increase physical activity

Eating healthy and staying active is a healthy lifestyle which will prevent an individual from being overweight. For delicious and healthy meals, visit https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/index.htm.



Invite your family and friends to join you in your healthy lifestyle to prevent obesity!