**Remote Health**

# More good habits

## Prevention of obesity

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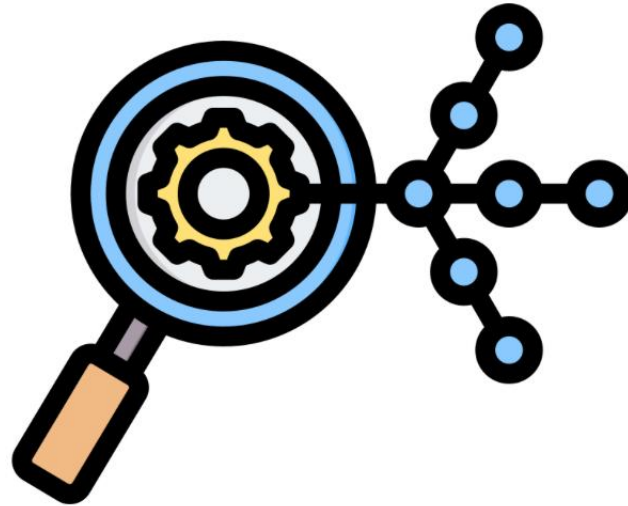
## Definition [1,3]

**What is obesity?**

Obesity is a chronic disease characterized by an increase in body fat reserves, which poses a significant health risk. Obesity is defined by a BMI of 30. This is calculated by dividing the body weight (kg) by the height (cm) squared.
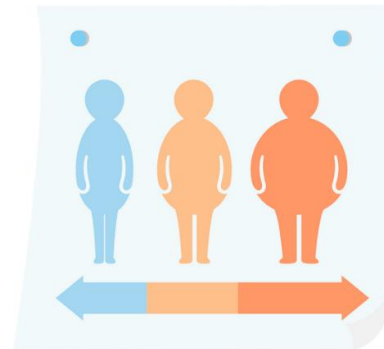
# Causes of obesity [1,2,3]

There are numerous factors that influence the development of obesity.

Essentially, obesity develops as a result of a chronic energy imbalance and is maintained by a persistent increase in energy intake. Changing lifestyles in recent years, which have resulted in unhealthy diets, low physical activity, and sedentary lifestyles, have significantly increased the risk of developing obesity. Genetics and mental health also play a role in the development of obesity.

50% of people have an unhealthy diet
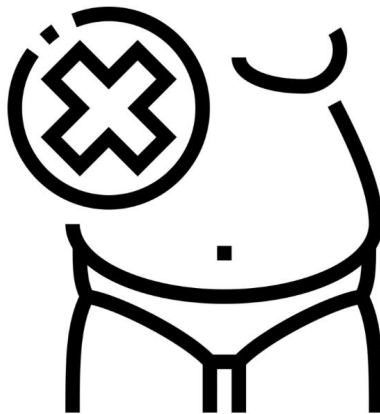
1 out of 3 people do not exercise enough

40% of waking time is spent in sedentary activities

2 out of 5 people do not eat enough fruits and vegetables

**Consequences of overweight and obesity** [2,3,4]

**Consequential diseases**
**Stigmatization and negative effects on society**

# Consequential diseases

Consequential diseases of obesity include metabolic complications such as diabetes, cardiovascular disorders such as hypertension or stroke, respiratory diseases, cancers, and diseases of the gastrointestinal tract.

## Stigmatization and negative effects on society

In many countries, obese people are blamed for their disease. This stigmatization reinforces the assumption that obesity is solely the person's responsibility. This affects mental and physical well-being and can prevent people from seeking the medical care they need.
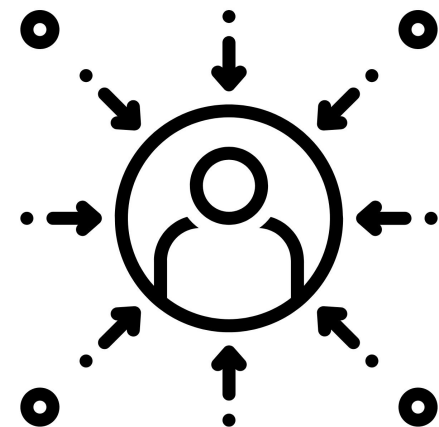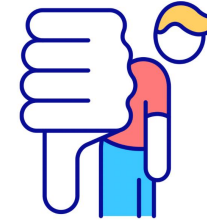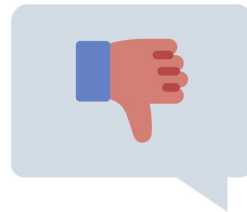
Poorer health in childhood
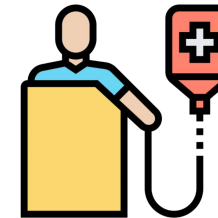
Poorer career prospects

Lower self-esteem

Higher risk of being bullied
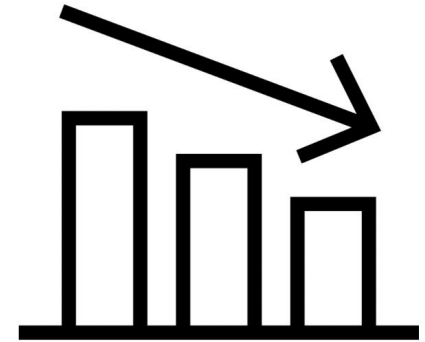
More absences and poorer academic performance

Poorer health in adulthood

Consequences of obesity

Systemic biases do not help people adopt healthier lifestyles.

# Economic impact

From an economic point of view, obesity also brings some disadvantages:

- 8.4% of the health care budget will be spent on treating the consequences of obesity over the next 30 years
- Obesity reduces the productivity and working time of employees
- Overall, obesity reduces GDP by 3.3 % on average

## What needs to change [1,2,4]

**Measures in the area of public health**

## Measures in the area of public health

- Improving the environment in which children live, play and learn
- Implement policies to promote healthy eating environments for mothers, infants, and children
- Increase policy priority to ensure safe and accessible environments for physical activity for children and youth
- Universal health coverage for all people to ensure that everyone has access to needed obesity prevention and treatment services

What needs to change

Sources:

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