

Obesity

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Obesity is a medical condition where someone has so much body fat, it may have a negative effect on their health. Obesity can even prevent someone from doing certain tasks and occupations. A person is considered obese when their BMI is over 30. Between 25 and 30 is considered overweight.

BMI

BMI stands for 'Body Mass Index'. BMI is calculated by the following formula:

$$\frac{\text{weight (in kg)}}{[\text{height (in meter)}] \times [\text{height (in meter)}]}$$

BMI values can also be applicable to people that are underweight or suffering from eating disorders. (See page 93-94)

BMI	Classification
Below 18.5	Underweight
18.5 – 25	Normal weight
25 – 30	Overweight
Above 30	Obese

Risk factors

Obesity decreases a person's life expectancy and can even be a reason for health problems that can lead to someone's death. Obesity is a risk factor for various diseases, such as:

- Heart diseases (such as heart attacks)
- Diabetes (Type 2)
- Cancer
- Arthritis
- Depression
- Asthma
- High blood pressure (See page 95-96)
- High cholesterol
- Liver problems
- Menstrual disorders
- Infertility & Miscarriage
- Problems during pregnancy
- Stroke & Migraine
- Lower back pain
- Gout



Causes

Obesity is caused by a combination of various things. The main cause is, however, an unhealthy lifestyle. Causes include:

- Excessive food intake
- A lack of physical activity and exercise
- Genetics
- Medical reasons

Prevention & Treatment

Obesity can be prevented and treated through a healthy lifestyle that consists of exercising (See page 89-90), decreased sugar intake, a healthy diet and a smaller food portion sizes. (See page 91-92) It is extremely important to make these lifestyle changes part of your everyday life, to ensure permanent weight loss and weight maintenance. Only if this treatment are not effective over a long period of time, can other options, such as medication and surgery be considered by your doctor.

Obesity is treatable. YOU are the only one who can make the choice to look after your body. You do not have to be the thinnest person in the room (being underweight is just as unhealthy as being obese), but you have to decide to look after this body that you have been given, because you get only one! Be active, eat a balanced meal and be aware of excessive weight gain.

Live healthy – live happy, live in your normal BMI range.

If you need help on how to live a healthy lifestyle, you can speak to your doctor.

