



Overweight



► Environmental causes of obesity ◀

Experts believe that environmental factors can also be solid stimuli for obesity and weight gain. Environmental effects manifest themselves very early and even before birth.

Researchers sometimes refer to these intrauterine exposures as "fetal programming."

Many features of modern life cause weight gain. Moreover, today's environment encourages us to eat bigger meals, exercise less, less obesity, and therefore more obesity.

► Nutrition and overweight ◀

A "large" meal may contain 1,500 to 2,000 calories, which is equivalent to all the calories most people need for a full day. We include high-calorie foods (especially salty snacks, soft drinks, and pizza). We choose to be much more readily available than low-calorie foods such as salads and whole fruits.



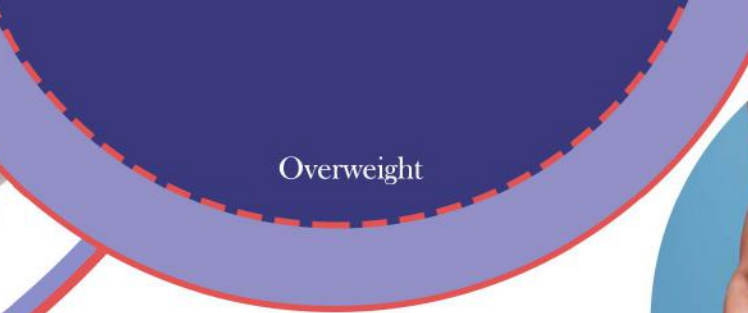
► Trouble called TV and overweight ◀

Overweight and obese people spend more time watching TV and playing video games than normal-weight people. Watching TV more than two hours a day also increases the risk of overweight children, even in young people three years old.

Stress and related issues

Research shows that the less sleeping, the more likely to gain weight. Lack of adequate sleep disrupts hormones that control hunger and appetite and can be another cause of obesity.

Studies have also shown that some people have a greater appetite for food due to depression, anxiety, or other emotional disorders.



Overweight and obesity are generally defined as "abnormal accumulation of fat or too dangerous for health."

► **Overweight and obesity in adults** ◀

Each person's weight should be commensurate with their height, and for each height, a suitable weight range is defined. Weight above the maximum weight for each height is defined as overweight or obesity.

Body mass index, or BMI, is used as a screening tool for overweight or obesity.

► **Adult Body Mass Index (BMI)** ◀

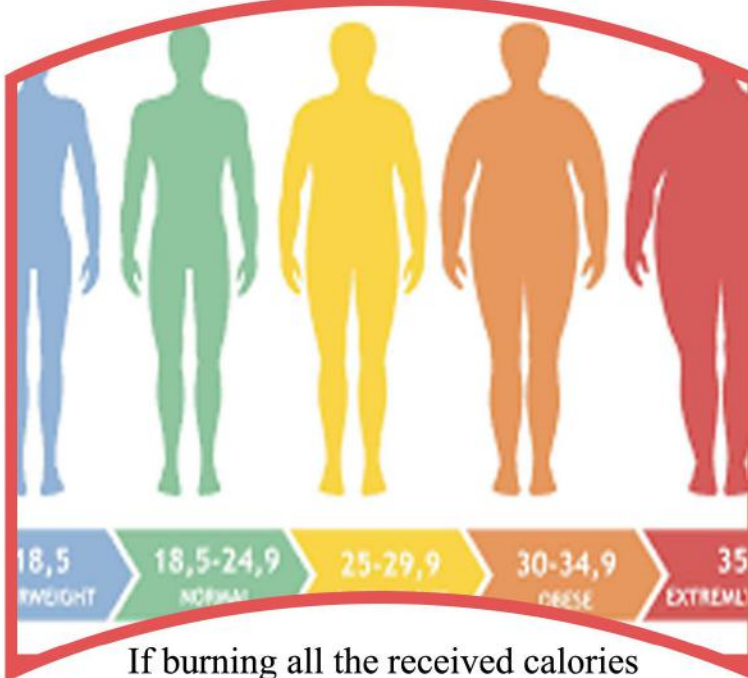
- If the body mass index (BMI) is less than 18.5, it is in the weight loss range.
- If the body mass index (BMI) is 18.5 to <25, it is normal.

- If the body mass index (BMI) is 25.0 to <30, it is overweight.
- If the body mass index (BMI) is 30.0 or higher, it is in the obese range.

Causes of overweight:

► **Calorie equation** ◀

The amount of calories stored and burned depends on the genetic makeup, physical activity, and resting energy expenditure.



If burning all the received calories throughout the day, keep the weight constant. If eating more than consumed calories, gain weight will occur.

► **Genetic effects** ◀

To date, more than 400 different genes have been identified that contribute to overweight or obesity. Genes play a role in causing obesity and overweight by influencing factors such as appetite, feelings of satiety and hunger, the body's metabolism, how body fat is distributed, and the tendency to overeat to cope with stress.

Some people even have a strong genetic predisposition to obesity by having a kind of thrifty gene, and they may not be able to lose weight with the usual forms of diet and exercise therapy, or even if they do lose weight, they may maintain weight. It is low.