

Know about obesity

Obesity is a chronic disease that can seriously impact your quality of life and wellbeing. Here's everything you need to know about obesity - including signs and symptoms of obesity, diagnosis, and an accurate obesity definition.

What is obesity?

Obesity is defined by the World Health Organization as 'abnormal or excessive fat accumulation that presents a risk to health'. Obesity is a chronic condition that requires long-term management¹.

Many people blame obesity on poor dietary choices and inactivity, but it's not always that simple. Other factors can have powerful effects on body weight and obesity, some of which are outside of a person's control.²

These include genetics, environmental factors, certain medical conditions, and more.²

Obesity is a disease³

It is caused by a variety of factors, including biology, mental health, genetic risk, environment, health care access, and access to ultra-processed food. It is not due to lack of willpower.

'Eat less, move more' does not "fix" obesity³

'Eating less, moving more' implies that weight loss is just about diet and exercise, ignoring other drivers of obesity. Although physical exercise plays an important role in overall health and can be used in the context of comprehensive weight management interventions and prevention strategies, exercise alone is not an effective obesity treatment.

Obesity is not just about weight³

Weight is one indicator of obesity, but treating obesity is about improving overall health, not just about losing weight. It is possible for a person with a higher BMI to be managing their disease and living at a 'healthy weight'.



Disclaimer: This document is for educational and awareness purpose only and is not a replacement of medical advice. Always reach out to your healthcare professional for more information.

Reference:

1. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
2. <https://www.healthline.com/nutrition/9-reasons-obesity-is-not-a-choice>
3. https://www.worldobesityday.org/assets/downloads/English_ROO.pdf