



HEALTH ADVISORY

OBESITY

WHAT IS OBESITY?

- Obesity is a BMI greater than or equal to 30.
- Obesity is when you have excessive body fat. It's a chronic (long-term) and complex disease that can affect your overall health and quality of life.
- Obesity is classified by the World Health Organization (WHO) as a chronic, relapsing disease arising from complex interactions between genetics, neurobiology, eating behaviours, access to healthy diet, market forces, and the broader environment.
- Obesity can lead to serious medical conditions. It can affect your self-esteem and mental health.

People living with obesity have greater risk of:



DIABETES



CANCER



HEART DISEASE



STROKE

Government can adapt policies to protect people from obesity by:



Applying tax to sugar-sweetened beverages



Making healthy diets more affordable and accessible



Regulating marketing of foods which are high in fats, sugars or salt to children



Using front-of-package nutrition labelling to inform consumers of nutritional quality of food products

MANAGEMENT AND PREVENTION

Obesity is preventable even for those with higher genetic risk:



Eat a healthy diet
(limit fats and sugar eat more vegetables and fruit)



Drink enough water



Get adequate sleep



Limit screen time



Do physical activity

Source: WORLD HEALTH ORGANIZATION