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## HEALTH PROMOTION REGARDING OBESITY CONTROLL

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### ABSTRACT

*Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. Obesity control activities will help to get protection from mortalities.*

**Key words:** Obesity, Mortality, Health promotion activities

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### INTRODUCTION

Health promotion efforts targeting obesity control aims to prevent weight gain and encourage healthy lifestyle choices to manage existing weight concerns. This encompasses advocating for nutritious eating habits, regular physical activity, and addressing underlying factors contributing to obesity. Effective strategies include personalized counseling, community programs, and policy changes to foster an environment conducive to healthy choices.

#### Definition obesity:

**Obesity** is a chronic condition characterized by excessive body fat, typically indicated by a Body Mass Index (BMI) of 30 or higher. It increases the risk of serious health issues such as heart disease, type 2 diabetes, and certain cancers.

#### Risk factors:

Certain health behaviors can contribute to excess weight gain and are risk factors for obesity: **Lack of physical activity**. Unhealthy eating patterns such as: Too many highly processed foods or added sugars, including too many sugar-sweetened beverages.

#### Clinical feature obesity:

##### Excess Body Fat:

Obesity is primarily defined by a high BMI, which reflects excess body fat.

Increased Waist Circumference:

Abdominal fat, particularly around the waist, is associated with higher health risks.

Comorbidities:

Obesity increases the risk of developing conditions like type 2 diabetes, heart disease, high blood

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pressure, certain cancers, and osteoarthritis.

### Complications

Health promotion strategies for obesity focus on preventing weight gain and managing existing obesity to reduce complications. This involves promoting healthy eating, regular physical activity, and lifestyle changes, along with addressing the underlying causes and potential comorbidities associated with obesity

Obesity is linked to a wide range of health problems, including:

**Cardiovascular disease:** Increased risk of heart disease, stroke, and high blood pressure.

**Type 2 diabetes:** Obesity significantly increases the risk of developing type 2 diabetes.

**Certain cancers:** Obesity is associated with an increased risk of various cancers, including colon, endometrial, breast, and esophageal cancer.

**Sleep apnea:** Obesity can lead to sleep apnea, a serious breathing disorder during sleep.

**Osteoarthritis:** Excess weight can put strain on joints, increasing the risk of osteoarthritis.

**Psychological problems:** Obesity can contribute to anxiety, depression, and low self-esteem.

Treatment:

**Lifestyle Modifications:** As mentioned above, these are the primary treatment for obesity.

**Medications:** In some cases, weight-loss medications may be prescribed to help manage appetite or increase metabolism.

**Surgery:** Bariatric surgery (weight-loss surgery) may be considered for individuals with severe obesity and related health problems

Other Management:

### Dietary Modification:

**Individualized plans:** Work with a healthcare provider to develop a personalized diet plan that meets individual needs and preferences.

**Calorie restriction:** Reduce calorie intake to create a calorie deficit for weight loss.

**Nutrient-rich foods:** Prioritize nutrient-rich foods to ensure adequate intake of essential vitamins and minerals.

### Physical Activity:

**Regular exercise:** Aim for regular physical activity to burn calories and improve overall health.

**Progressive intensity:** Gradually increase the intensity and duration of exercise as fitness improves.

### Medications:

**Anti-obesity medications:** Consider anti-obesity medications for individuals with BMI greater than or equal to 30 or BMI greater than or equal to 27 with obesity-related health conditions.

**Prescription medications:** Follow the guidance of a healthcare providers when using prescription medications for weight management.

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**Life style modification:**

Lifestyle modification can be referred to the process of gradual adaptation of corrective lifestyle habits such as diet, physical activity and sleep for prevention and management of various diseases such as obesity, diabetes and hypertension.

**CONCLUSION**

While policy interventions provide a crucial framework, sustainable obesity prevention hinges on empowering individuals to make informed choices within supportive environments, achieved through education and multi-level public health efforts.

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