



Cause-Effect

Solving the Overweight Problem



Key facts*

- Worldwide obesity has nearly tripled since 1975.
- In 2016, over 1.9 billion adults, 18 years and older, were overweight. Of these, over 650 million were obese.
- 39% of adults aged 18 years and over were overweight in 2016, and 13% were obese.
- Most of the world's population live in countries where overweight and obesity kills more people than underweight.
- 39 million children under the age of 5 were overweight or obese in 2020.
- Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.
- Obesity is preventable.

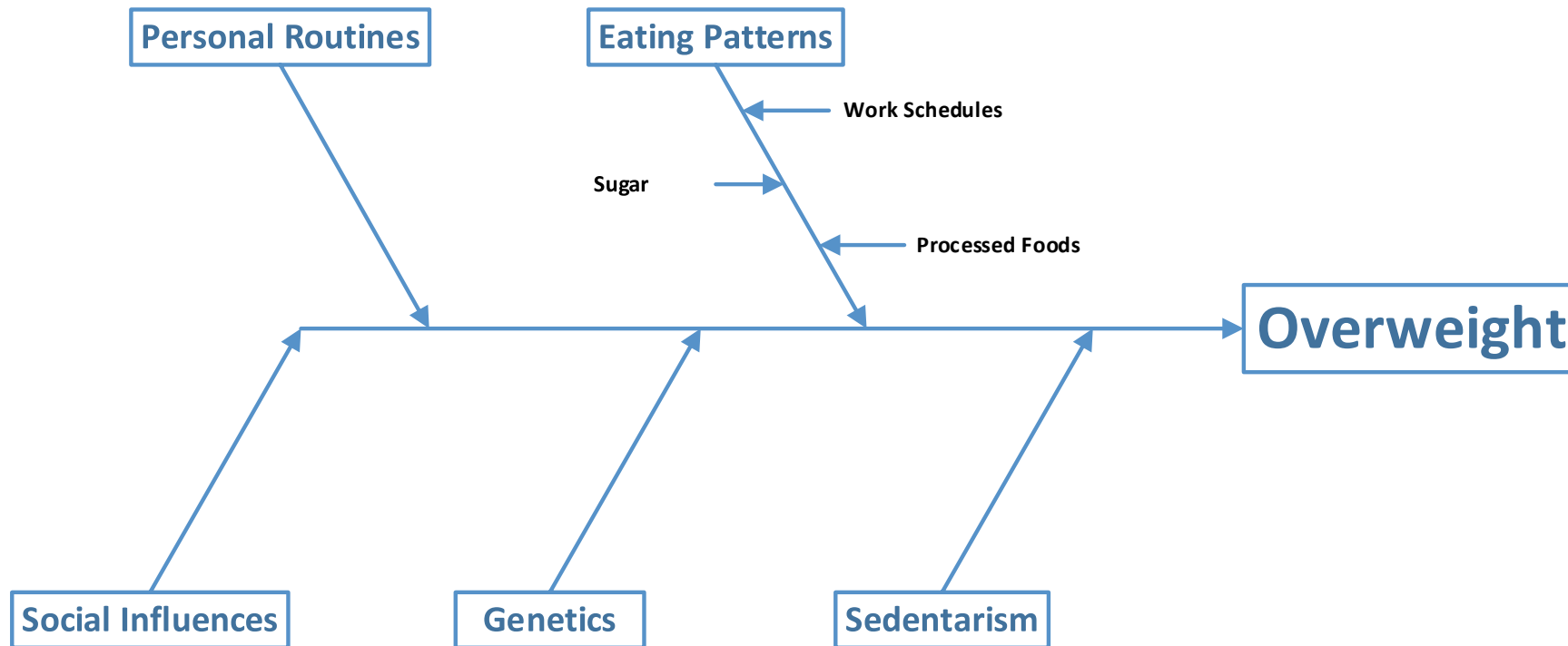
What causes obesity and overweight?

1. Work in teams.
2. Develop the problem statement.
3. Develop the categories that could guide your analysis.
4. Develop each category with potential causes of the problem.
5. Choose 2 causes that can be in your control to solve and develop 5Whys.
6. Can you implement those solutions?
7. What could be an action plan?

The image is a screenshot of the World Health Organization's website. At the top, there is a navigation bar with 'Global' and 'Regions' dropdown menus, a search icon, and a 'Select language' dropdown. Below this is the WHO logo and name. A secondary navigation bar contains 'Home', 'Health Topics', 'Countries', 'Newsroom', 'Emergencies', 'Data', and 'About WHO'. The breadcrumb trail reads 'Home / Newsroom / Fact sheets / Detail / Obesity and overweight'. The main content area has a yellow background. On the left, the WHO logo and name are repeated. The central text reads 'Obesity has nearly tripled since 1975.' in large, bold, blue letters. To the right of this text is a graphic showing three human silhouettes of increasing size, with a large blue arrow pointing upwards and the text '3x' next to it. Below the main text, there is a link that says 'Calculate your Body Mass Index'.

*World Health Organization, 2022, <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

How to Solve Overweight



Type 2 diabetes
Infertility
High blood pressure
Heart disease
Certain cancers (breast, colon, and endometrial)
Stroke
Gallbladder disease
Fatty liver disease
High cholesterol
Sleep apnea and other breathing problems
Chronic lower back pain
Arthritis
Osteoarthritis, particularly of the knees

How can overweight and obesity be reduced?*(responses from the WHO)

Overweight and obesity, as well as their related noncommunicable diseases, are largely preventable. Supportive environments and communities are fundamental in shaping people's choices, by making the choice of healthier foods and regular physical activity the easiest choice (the choice that is the most accessible, available and affordable), and therefore preventing overweight and obesity.

At the individual level, people can:

- limit energy intake from total fats and sugars;
- Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts; and
- Engage in regular physical activity (60 minutes a day for children and 150 minutes spread through the week for adults).

Individual responsibility can only have its full effect where people have access to a healthy lifestyle. Therefore, at the societal level it is important to support individuals in following the recommendations above, through sustained implementation of evidence based and population-based policies that make regular physical activity and healthier dietary choices available, affordable and easily accessible to everyone, particularly to the poorest individuals. An example of such a policy is a tax on sugar sweetened beverages.

The food industry can play a significant role in promoting healthy diets by:

- Reducing the fat, sugar and salt content of processed foods;
- Ensuring that healthy and nutritious choices are available and affordable to all consumers;
- Restricting marketing of foods high in sugars, salt and fats, especially those foods aimed at children and teenagers; and
- Ensuring the availability of healthy food choices and supporting regular physical activity practice in the workplace.

*World Health Organization, 2022, <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

THE WORLD IS GETTING FATTER



HOW DO I KNOW WHETHER I AM OVERWEIGHT?

Calculate your body mass index (BMI) using this formula

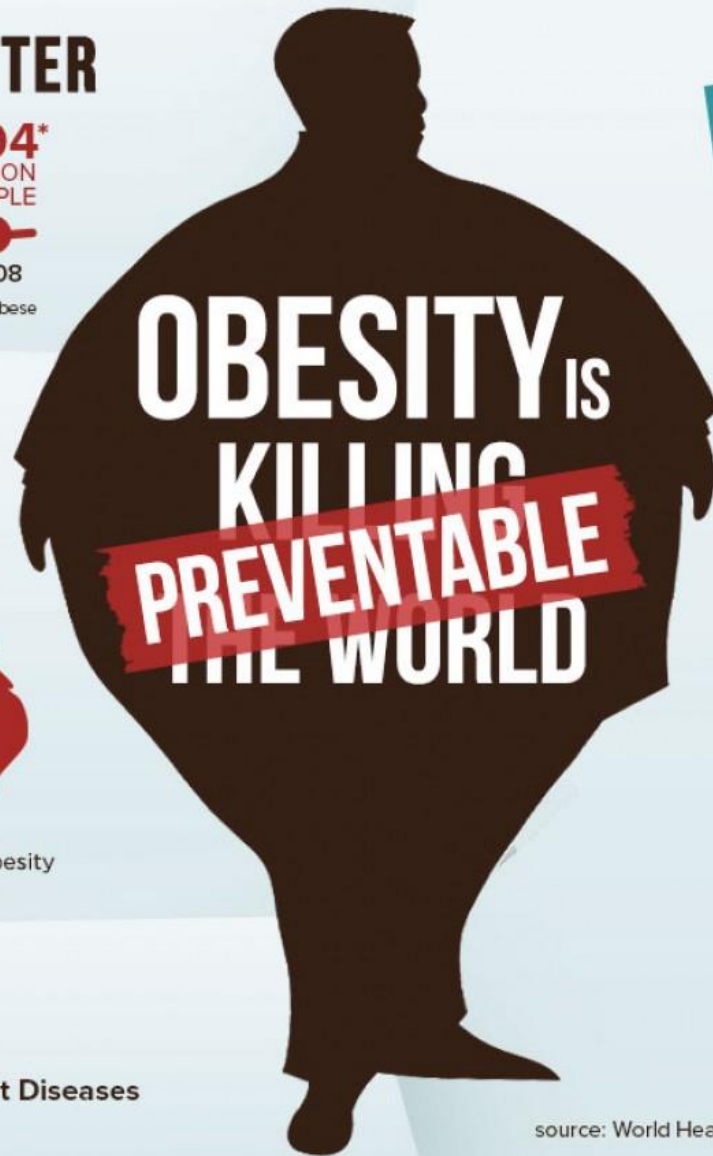
$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$



OBESITY KILLS!

7 common diseases due to obesity:

- Arthritis
- Cancer
- Infertility
- Heart Diseases
- Back Pain
- Diabetes
- Stroke



ABC TO OBESITY PREVENTION

SIMPLE RULES TO STAY IN SHAPE

A dopt New Healthy Habits



B alance Your Calorie Intake



C ontrol Your Weight Gain



source: World Health Organization ©2014 Health Buzz www.healthbuzz.asia