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Obesity

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Obesity

What is obesity?

Obesity is a non-communicable condition which means that it is non-infectious and non-transmissible. Obesity is defined as a BMI over 30, even though BMI doesn't account for muscle mass. Since BMI only takes height and weight into consideration, there are a lot of athletes that are considered obese because they are heavy with the amount of muscle they have for their weight.

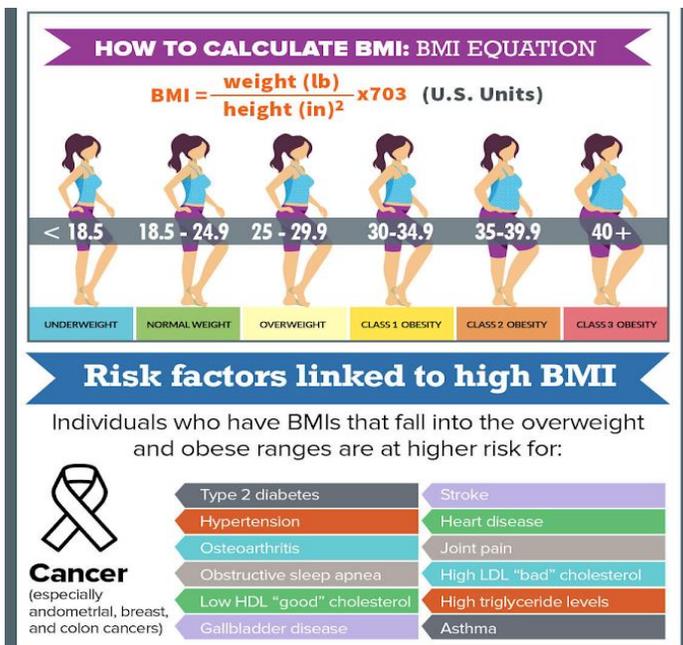
How is obesity diagnosed and what issues can it cause?

Diagnosing obesity is not a short process. It requires having a health history taken, a general physical exam, calculation of BMI, and measuring waist circumference (Obesity, 2015). Obesity diagnosis also requires checking for other health problems such as high blood pressure, high cholesterol, low cholesterol and high levels of triglycerides (Obesity, 2015).

obese range. The things that there is an increased chance for could possibly lead to death which is why early diagnosis is necessary. Diagnosis also requires a background check for type 2 diabetes, heart disease, increased chance of stroke, gallbladder disease, osteoarthritis, sleep apnea, some cancers, a low quality of life (Obesity, 2015). There are many causes for obesity. Some of the causes are hyperpalatable junk foods and diseases such as diabetes which keeps the body from breaking up food as it should be (Obesity, 2015).

Prevention for obesity

The problem of obesity can be solved by Accumulating Data to Optimally Predict obesity Treatment (ADOPT) which is the understanding of how processes within and across these domains to interact is critical to identifying targets for treatment and how, when, and with whom to intervene with (Sutin et al., 2018). The long term objective of the ADOPT project is to better understand the factors that contribute to individual variability in response to obesity treatment which can give each person their own effective plan to reach their goal (Sutin et al., 2018).



(Understanding BMI, 2018)

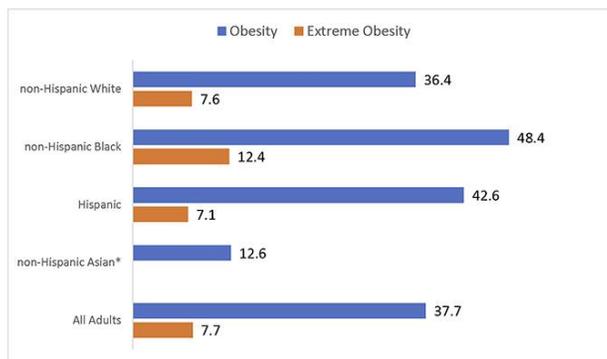
The graphic talks about how to calculate your bodies BMI and also what there is an increased chance for if your BMI is in the

How many people are at risk for obesity?

According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK, 2017) states that in the world there is a population of 7,505,257,673, and there are 774,000,000 people who are obese. NIDDK (2017) also states that more than 2 in 3 adults in the United States were considered overweight or obese and about 1 in 3

adults were considered to suffer from obesity.

Estimated (Age-Adjusted) Percentage of US Adults with Obesity by Race/Ethnicity, 2013–2014
NHANES Data



*data for extreme obesity in Asians were not reported since the numbers are close to zero.

(Overweight and Obesity Statistics, 2017)

The graph above states that among non-Hispanic white adults, more than 1 in 3 (36.4 percent) were considered to have obesity, and about 1 in 13 (7.6 percent) were considered to have extreme obesity. Among non-Hispanic black adults, almost half (48.4 percent) were considered to have obesity, and about 1 in 8 (12.4 percent) were considered to have extreme obesity. Among Hispanic adults, about 1 in 2 (42.6 percent) were considered to have obesity, and about 1 in 14 (7.1 percent) were considered to have extreme obesity. Among non-Hispanic Asian adults, about 1 in 8 (12.6 percent) were considered to have obesity (Overweight and Obesity Statistics, 2017).

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