

Obesity means excess storage of body fat so much that it could damage your health.

Body fat percentages should be:

% 12-15 for men

% 20-27 for women

Increasing of these percentages indicates obesity. Obesity should be prevented because it increases risks of chronic diseases.

Causes of Obesity

1. Overeating
2. Low level of physical activity
3. Psychological disorders
4. Metabolic and hormonal disorders



The balance between body weight and height is a key component of healthy and long life.

OBESITY increases the risk of; →

- High blood pressure
- High blood cholesterol
- Coronary heart diseases
- Stroke
- Diabetes mellitus
- Cancer
- Respiratory complications
- Diseases related to joints etc.



Life style with an adequate and balanced diet and regular physical activity is crucial to control body weight.

How is the body weight evaluated

Body Mass Index

$$\text{BMI} = \frac{\text{Body Weight (kg)}}{\text{Height (m)}^2}$$

Sample;

$$\text{BMI} = \frac{75}{1,65 \times 1,65} = 27,6 \text{ (over weight)}$$

if BMI value
= 18,5 – 24,9 kg/m² ideal body weight
= 25 – 29,9 kg/m² overweight
= over 30 kg/m² obese



Waist circumference

The waist circumference should not exceed 94 cm for men and 80 cm for women.
The waist circumference exceeding 102 cm for men and 88 cm for women threatens your health.

RECOMMENDATIONS TO PREVENT OBESITY

1. Your aim should be "ideal weight for your height". If you have an ideal body weight, avoid gaining weight.
2. Acquire adequate and balanced nutritional habits.
3. Create a balance between the energy intake and the energy expenditure.
4. Eat your meals regularly. Do not skip meals.
5. Do not practice every diet. When it is necessary, get support from a dietician.



6. Consume relatively less amount of foods that are high in sugar and fats.
7. In cooking methods boiling, baking, steaming should be preferred to frying, which increases the fat content of foods.
8. Drink a lot of water.
9. Do regular physical activity.



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OBESITY

