

# Obesity in women

## 1 what is obesity ?

“According to the WHO, obesity is described as an “abnormal increase in body fat that threatens essential functioning”.



## 4 Causes of Obesity in Women

### Socioeconomic Factors

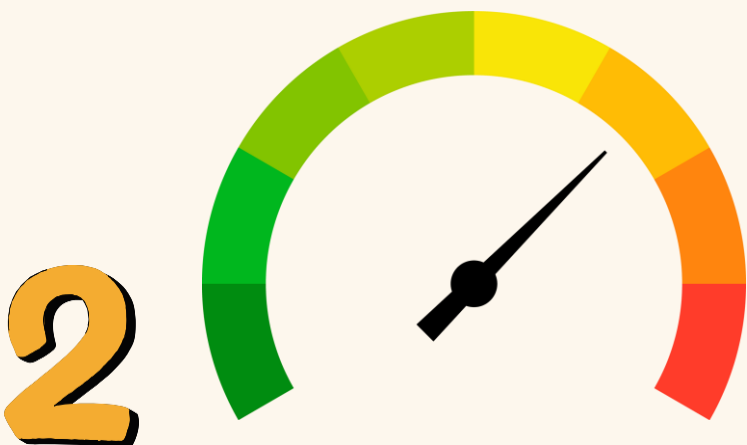
“poor consumption of healthy foods and high energy respectively due to; limited access to affordable healthy foods.”

### Psychological Factors

“stress eating, social pressurization eating, and eating due to mental illness or disorders”.

### Biological Factors

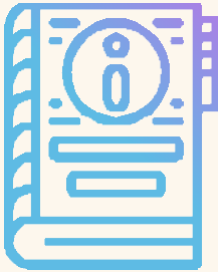
“Hormonal changes during early stages of pregnancy, menopause, and other periods of a woman’s lifetime”.



## 2 How Obesity is Measured: Body Mass Index (BMI).

The unit of “Body Mass Index” (BMI), which is measured by calculating  $[(\text{weight in kg})/(\text{height in m}^2)]$  is a simple index intended to classify adults into one of three categories: “underweight,” “overweight,” or “obese.”

## 6



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## 3 Health Impacts of Obesity

Increased Risk of Cardiovascular Disease. Mental Health Challenges. Productivity Loss and Economic Impact. Obesity and cancer-related problems. Obesity and psychological problems.

### Facts

In 2022, 1 in 8 women in the world were living with obesity.

in 2022, 44% of women aged 18 years and over were overweight and 16% were living with obesity

## 5 Solutions for obesity in women

1. Women-Only Fitness Centers.
2. Healthy Eating and maintained diets.
3. Workplace Healthy Food Options.
4. Subsidized Weight Loss Surgeries and Programs