

Obesity

condition in which abnormal increase in weight takes place

[DEPTH OF BIOLOGY]

due to excessive deposition of fat in adipose tissue.

- obesity is the result of overeating.
 - Intake of calories in diet ↑↑↑
 - lack of physical activity.

- On consuming every 7 cal, 1 gm of fat deposit and 1 gm body weight increases.

Body Mass Index (BMI)

- clinical obesity is represented by body mass.
- BMI is calculated as the weight (in kg) divided by the height (in meter²)

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

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Obesity is categorised into 3 grades

- grade I
- grade II
- grade III

Obesity is associated with many health complications

- Type II diabetes
- stroke [DEPTH OF BIOLOGY]
- Gall Bladder disease.

- Never treatment of obesity assumes a lot of significance in the prevention of the diseases.

Causes

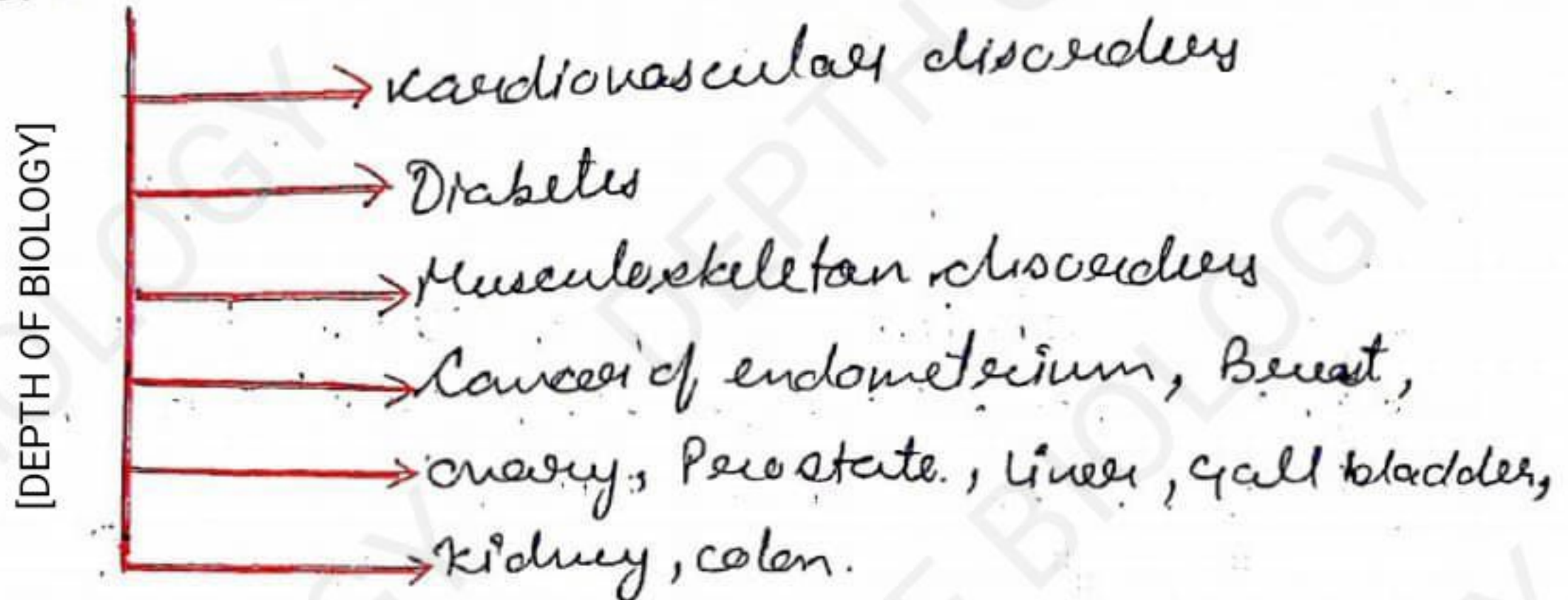
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The imbalance of energy between the consumed and used calories is the major cause of obesity.

- Increased consumption of energy and fat rich food and reduced physical activity results in obesity.

Symptoms

Increased BMI increases the risk of the following



Diagnosis

- Most common method to determine obesity is the calculation of BMI.
- BMI is the indication of body's fat determined by comparing body's weight and height of individual.

Treatment

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obesity can be controlled by

- Reduction in consumption of fat and sugar rich food.
- Increasing the consumption of fruits, vegetables, grains.
- Regular physical exercise.