

## Obesity worldwide

More than one billion people worldwide are obese. World Health Organization estimates that by 2025, about 167 million people will be in poorer health because of excessive weight and obesity.

## Obesity in Türkiye

In Türkiye, the prevalence of obesity is increasing day by day as in other countries. A study\* reported that **the prevalence of obesity among people aged 15 and older is 24.6% in men and 39.1% in women, amounting to 31.5% in total.**

\*Türkiye Nutrition and Health Survey - 2017

## Causes of Obesity

It is generally accepted that overeating and an unhealthy diet combined with a lack of physical activity are the main causes of obesity.

Additionally; combinations of several genetic, environmental, neurological, physiological, biochemical, sociocultural, and psychological factors trigger obesity.

It is globally accepted that one's environment is the leading factor in the onset of obesity, especially because the increase in childhood obesity is too high to be explained by changes in genetic structure.



**Body Mass Index is calculated by dividing body weight (kg) by height in meters squared.**

A waist circumference of 102 cm or more for men and 88 cm or more for women is considered high risk for diabetes and cardiovascular diseases.

## RECOMMENDATIONS FOR HEALTHY EATING

- Do not start the day without breakfast.
- Reduce your portion size on the dining table.
- Avoid snacks on the go and fast food.
- Take smaller bites and chew many times.
- Maintain a varied, balanced diet with the right amount of food.
- Reduce your sugar and salt intake.
- Opt for whole grain foods.
- Drink a minimum of 8-10 glasses of water a day.
- Avoid alcoholic and carbonated beverages.

UNDERWEIGHT	< 18,50		MAN	WOMAN
NORMAL WEIGHT	18,50 - 24,99	NORMAL	< 94	< 80
OVERWEIGHT	25,00 - 29,99	LOW RISK	94 - 101,9	80 - 87,9
OBESITY CLASS I-I	30,00 - 39,99			
OBESITY CLASS III	≥ 40,00	HIGH RISK	≥ 102	≥ 88

# What is Obesity?



Today, obesity is among the biggest health problems in developed and developing countries.

It is defined as having a high ratio of body fat to lean body mass, resulting in a weight that is higher than what is considered healthy for a given height.

Adipose tissue constitutes 15-18% of body weight in adult men and 20-25% in women. Obesity happens if this rate rises above 25% in men and 30% in women.

Daily energy requirements vary with age, gender, work, genetics and physiological characteristics, and diseases.

When energy intake is greater than energy spent, the spare energy is stored as fat and causes obesity.



Prevention of obesity is very important and should start in childhood.

**Treatment for obesity is undertaken by a team consisting of a physician, a dietician, a psychologist, and a physiotherapist.**

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Balance your energy to lead a healthy life, and  
**PROTECT YOURSELF FROM OBESITY**

