

Health risks linked to overweight and obesity

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Abstract

When a person overweight and obese, it means he is near from many health problems that are causes to more morbidity and mortality. So, there are a lot of risks factors for overweight and obesity, some of it can change such as lifestyle and environment and other cannot be changed such as age, gender and family history. The primary objective of this research is to determine the risks factors for overweight and obesity and linked to health problems. Then, brief explain some of common disease those are strong relationship with obesity and it will be mentioned some way to management weight and prevention weight gain. Example for the diseases that are related with obesity are: Cancer, diabetes, high blood pressure, cardiovascular disease, dyslipidemia, gallbladder disease, osteoarthritis and sleep apnea. As it has been reviewed in many researches, obesity have strong association with an increased risk of many of diseases and causes of mortality. In spite of the considerable effects of obesity, losing weight and management the healthy weight can reduce the risks significantly. In the past few years, it is estimated that there exist 1.6 billion adults were overweight and 650 million were obese around the worldwide. On the other hand, food experts suggested that 41 million children under 5 to 15 years of age were in fact overweight in 2018. Overweight and obese persons are at risk of a number of medical conditions which can lead to further morbidity and mortality. From 1997 overweight and obesity have been considered a serious health problem around the world. Experiencing increasing rates of overweight and obesity happened on both developed and developing countries. Also, obesity caused several chronic diseases. Depend on the WHO report, in 2016 more than 340 million children and adolescents aged 5-19 were overweight or obese.

Introduction:

Obesity is a complex health issue resulting from a combination of causes and individual factors such as behavior and genetics. Behaviors can include physical activity, inactivity, dietary patterns,

medication use, and other exposures. Additional contributing factors include the food and physical activity environment, education and skills, and food marketing and promotion. Obesity is serious because it is associated with poorer mental health outcomes and reduced quality of life. Obesity is also associated with the leading causes of death in the United States and worldwide, including diabetes, heart disease, stroke, and some types of cancer. Excess weight, especially obesity, diminishes almost every aspect of health, from reproductive and respiratory function to memory and mood. Obesity increases the risk of several debilitating, and deadly diseases, including diabetes, heart disease, and some cancers. It does this through a variety of pathways, some as straightforward as the mechanical stress of carrying extra pounds and some involving complex changes in hormones and metabolism.

Conclusion:

Overweight and obese persons are at risk of a number of medical conditions which can lead to further morbidity and mortality. From 1997 overweight and obesity have been considered a serious health problem around the world. Experiencing increasing rates of overweight and obesity happened on both developed and developing countries. Also, obesity caused several chronic diseases. Depend on the WHO report, in 2016 more than 340 million children and adolescents aged 5-19 were overweight or obese.