

Obesity- Causes and effects and Nutritional and Lifestyle management of Overweight and Obesity

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Abstract

Obesity is the result of accumulation of excess body fat that takes place over a period of time. This is a consequence of consumption of Excess energy and reduced expenditure through metabolism.

WHO global estimates

- In 2016, more than 1.9 billion adults aged 18 years and older were overweight. Of these over 650 million adults were obese.
- In 2019, an estimated 38.2 million children under the age of 5 years were overweight or obese.
- The worldwide prevalence of obesity nearly tripled between 1975 and 2016
- Overweight and obesity are linked to more deaths worldwide than underweight.



Biography:

Ifsha Qureshi is a nutritionist at NutriEuphoria, Nutrigenomics counselor and certified diabetes educator. She is a SIOP-PIDC fellow and a foodie with an insight of Nutrition. She completed her Nutrition intern from Kokilaben Dhirubhai Ambani Hospital.

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