



# Overweight: Definition, Causes & Solutions

Overweight and obesity rates are rising globally. This presentation clarifies the definition of overweight. It will explore its multifaceted causes. Finally it will outline effective solutions for individuals and communities.



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# Defining Overweight and Obesity

## Body Mass Index (BMI)

- Overweight: BMI of 25.0 to 29.9
- Obese: BMI of 30.0 or higher

## Waist Circumference

- High risk: >40 inches in men
- >35 inches in women

## Limitations of BMI

Does not account for muscle mass or body composition. May not be accurate for athletes or the elderly.



# Genetic and Biological Factors

## Genetics

Studies show 40-70% heritability of BMI. Genes influence appetite, metabolism, and fat storage.

## Hormonal Imbalances

- Leptin resistance: Reduced satiety
- Ghrelin: Increased appetite
- Thyroid disorders: Slow metabolism

## Gut Microbiome

Imbalance in gut bacteria affects nutrient absorption and energy regulation.

# UNHEALTHY FAST FOOD



## Dietary Factors

1

### High-Calorie Diets

Increased consumption of processed foods and sugary drinks.

2

### Unhealthy Fats and Sugars

Trans fats and added sugars contribute to weight gain and insulin resistance.

3

### Low Intake

Inadequate fiber reduces satiety and affects gut health.



# Lifestyle and Environmental Factors



## Sedentary Behavior

Decreased physical activity due to desk jobs and screen time.



## Lack of Activity

Failing to meet recommended exercise guidelines.

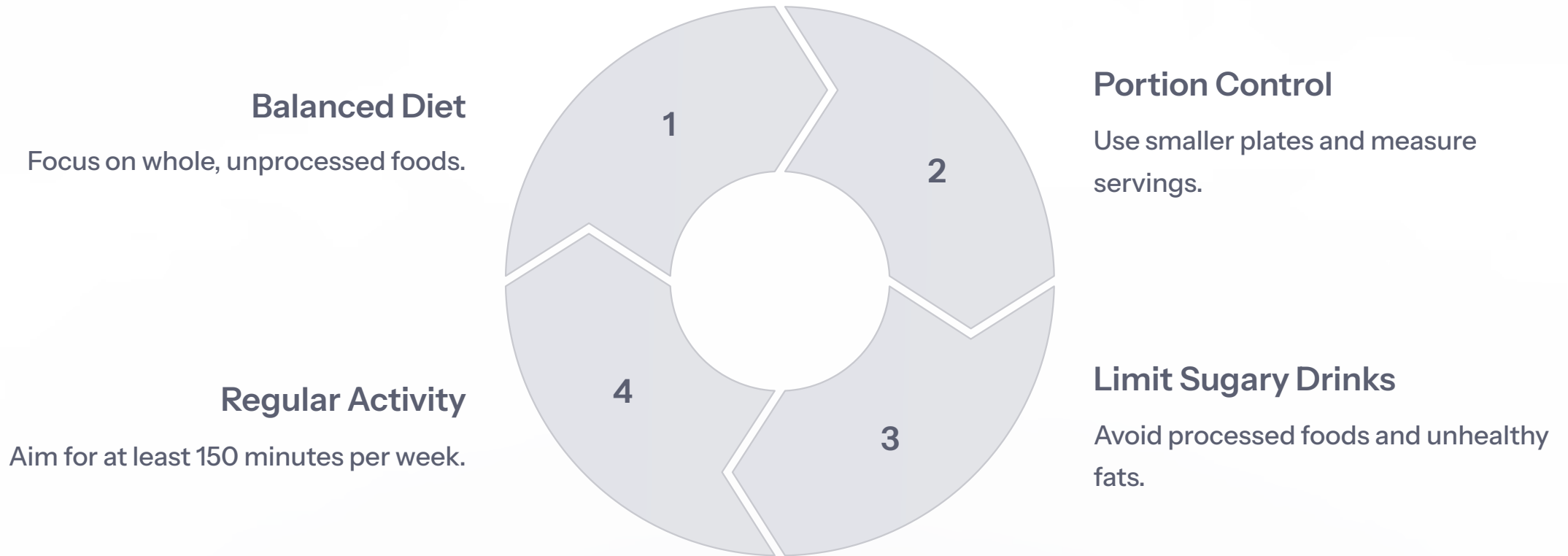


## Stress and Sleep

Increased cortisol levels and disrupted hunger hormones.



# Individual Solutions: Diet and Exercise



# Behavioral & Medical Solutions

1

## Self-Monitoring

Track food intake, exercise, and weight.

2

## Goal Setting

Set realistic and achievable goals.

3

## Stress Management

Practice relaxation techniques.

4

## Seek Support

Join a support group.







# Community and Public Health Solutions



## Policy Changes

Taxes on sugary drinks and subsidies for healthy foods.



## Education

Promote healthy eating and active living.



## Wellness Programs

Offer incentives for healthy behaviors.