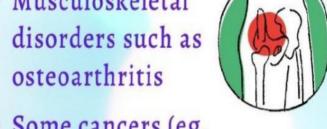
Health consequences

• Cardiovascular diseases. mainly heart disease and stroke





 Musculoskeletal osteoarthritis



• Some cancers (eg. breast, ovarian, prostate, liver, gall bladder, colon)



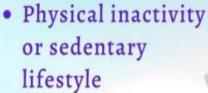
 Obesity - BMI >30



- Men should have a waist circumference of ≤40 inches.
- Women should have a waist circumference of ≤35 inches.

Causes

· Consuming too much calories, fats and sugars



 Psychologic factors (eg. too much stress, sleep deprivation)





How can we prevent overweight obesity?



IEC-E-CRD-PCD-CMS-2022-004

- See your health care provider
- Lifestyle modification
- · Choose healthy food
 - · Eat more vegetables and fruits
 - · Avoid sugar and fats
 - · Limit carbohydrates





· Be more active

 Exercise regularly for least 30 mins of moderate activity, 4x a week







"A study done by the Philippine
Heart Center shows that waist
circumference and BMI improve
with quarterly education on heart
disease risk factors and lifestyle
changes, together with
consultations.



Preventive Cardiology Division Philippine Heart Center Tel. No. 89252401 loc 382

Overweight and Obesity

SOURCE WORLD HEALTH ORGANIZATION

- Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.
- Body mass index (BMI) is used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m2).

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

 Waist circumference estimates visceral fat, the dangerous internal fat that coats the organs