

OBSITY

INFO

DESCRIPTION

What Is Obesity?

Obesity is a condition in which the natural energy reserve of an individual (which is stored as fat), is expanded far beyond usual levels to the point where it impairs health.

Obesity is a concept that is being continually redefined. The most common statistical estimate of obesity is the Body Mass Index (BMI).

A person with a BMI over 25.0 kg / m² is considered overweight; a BMI over 30.0 kg/m² is considered obese. A further threshold at 40.0 kg/m² is identified as urgent morbidity risk.

The BMI cannot offer a complete diagnosis, in that it ignores fat distribution within the body, and the relative fat-muscle-bone contributions to total body weight.

A powerful athlete may be classified as obese by the BMI due to heavy musculature, while a false 'normal' may be diagnosed in the case of an elderly person with very low lean mass, which masks excess adiposity.

On its own, a BMI score is therefore inadequate as a diagnostic tool. In practice, in most examples of overweight that may be harmful to health, both doctor and patient can see 'by eye' that fat is an issue.

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What Factors Contribute To Obesity?	<p>Genetic predisposition;</p> <p>Energy-rich diet;</p> <p>Limited exercise and sedentary lifestyle;</p> <p>Underlying illness (e.g. hypothyroidism);</p> <p>An eating disorder (such as binge eating disorder).</p>
What Medical Problems Are Linked To Obesity?	<p>Diabetes;</p> <p>Kidney disease;</p> <p>Impairment of cardiac function;</p> <p>Pulmonary diseases and impaired lung function;</p> <p>Hypertension and stroke;</p> <p>Gall bladder disease;</p> <p>Osteoarthritis, degenerative joint disease and gout;</p> <p>Several types of cancer.</p>