**Obesity**

* **Definition:** According to WHO (World Health Organization), Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.
* **Health effects:** Obesity is a major risk factor for noncommunicable diseases such as:
* cardiovascular diseases (mainly heart disease and stroke), which were the leading cause of death in 2012;
* diabetes;
* musculoskeletal disorders (especially osteoarthritis – a highly disabling degenerative disease of the joints);
* some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon).
* **Statistics:** Worldwide, at least 2.8 million people die each year as a result of being overweight or obese, and an estimated 35.8 million (2.3%) of global DALYs are caused by overweight or obesity.
* The data presented are from two surveys conducted by the Centers for Disease Control and Prevention (CDC): the National Health and Nutrition Examination Survey (NHANES)2,3 and the National Health Interview Survey (NHIS).4

Adults Age 20 and Older

* More than two-thirds (68.8 percent) of adults are considered to be overweight or obese.
* More than one-third (35.7 percent) of adults are considered to be obese.
* More than 1 in 20 (6.3 percent) have extreme obesity.
* Almost 3 in 4 men (74 percent) are considered to be overweight or obese.
* The prevalence of obesity is similar for both men and women (about 36 percent).
* About 8 percent of women are considered to have extreme obesity.