Obesity is a condition where the body accumulates excess fat, leading to a considerable increase in the body weight. It is assuming alarming proportions in our county. It has several adverse health effects and can even lead to premature death. It also causes high blood pressure, high cholesterol, diabetes, heart diseases and gall bladder stones. The basic cause of obesity is the imbalance between energy intake and energy expenditure. Over eating and reduced physical activity together lead to obesity. However, obesity may also be caused by genetic factors. Consumption of processed food and fried food stuffs in excess is the leading cause of obesity among children. Lack of sports and sedentary lifestyle also contribute to higher obesity levels.

Obesity may be controlled by eating less of fried foods and more of fruits and vegetables. Cutting down on sugar, fatty foods and alcohol also helps to reduce weight.