

BACKGROUND OF THE STUDY

The Philippines is grappling with a substantial obesity challenge, with approximately 27 million individuals classified as overweight or obese, comprising 36.6% of the population aged 20 and above. Over the past decade, the prevalence of obesity in adults has doubled. The World Health Organization (WHO) defines overweight and obesity based on body mass index (BMI), with a BMI over 25 considered overweight and over 30 considered obese.

The surge in obesity poses severe health risks, including an increased susceptibility to type 2 diabetes, cardiovascular disease, and other chronic conditions. Despite being labeled a lifestyle choice, obesity is recognized as a complex disease necessitating a comprehensive approach to prevention and management.

Globally, the obesity epidemic affects over one billion people, including 650 million adults, 340 million adolescents, and 39 million children. Concerns about the connection between obesity and severe complications from COVID-19 are underscored by medical groups and health experts. Obesity not only impacts physical health but also mental well-being and social and economic status.

Medical professionals emphasize the importance of addressing the psychological aspects of obesity, as it can lead to depression, anxiety, and low self-esteem. The stigma associated with obesity further contributes to psychological distress. Recognized as a chronic disease that affects the entire body, obesity requires a deeper understanding for appropriate management and care.

To address the escalating obesity concern, a weight tracker application has been developed to meet the demand for a convenient and effective tool for individuals to monitor and manage their weight. The application's primary objectives include providing a user-friendly platform for tracking weight loss progress, setting realistic goals, and encouraging adherence to healthy lifestyle changes.

The application's concept is comprehensive, designed to assist individuals in managing and monitoring their weight effectively. Users can input and track their weight over time, receiving real-time feedback on their achievements and visual representations of their progress. Personalized features, such as goal-setting and insights into dietary intake and physical activity, contribute to a holistic approach to weight management.

The application serves as a supportive companion by empowering users to make informed decisions about their health, analyze trends, and stay motivated through visual feedback. The importance of the weight tracker application lies in its role as a systematic and user-friendly platform that enhances accountability, facilitates informed decision-making, and contributes to long-term success in achieving and maintaining a healthy weight. It serves as a valuable tool for tracking progress over time, helping users identify patterns, assess the effectiveness of lifestyle changes, and make necessary adjustments. Overall, the application serves as a crucial companion in the journey towards a healthier weight.