Health awareness-obesity

a. Global overview "What is obesity?"(statistics)

i. How many people suffering obesity? How many of them are aware of it? Age group.

ii. Which country has the highest obesity rate? (shown by a interactive map)

iii. Average life of obesity people.

iv. Health risks(Annual expenditure on obesity and the complication caused by obesity).

v. Social impact of obesity on mental health (bullying, less chances to find friends/partners) Does obesity affect differently on female and male?

vi. "Do you know are your body?" Interactive test (inputting your height, weight, and life style, the website will calculate BMI, evaluate you health status--> Or make it more interesting. The website will calculate when you will die Lol)

b. About us (What motivate us to make this website?)

c. Causes

i. Hyper nutrition

ii. Lack of physical activities

iii. Medical reasons (side effects of a disease)

d. Diet Programme

i. Healthy recipe

ii. Calories of daily food (search food name and provide data for reference)

e. Sport

i. Sport tips (e.g. )

ii. Unique Asian Pressure point

iii. Simple exercise you can do at home (videos, picture demonstration)

f. Our experience

i. Sharing your stories about obesity (How you feel about being "big"? How did you lose weight?) [approach friends/ find bloggers on Facebook & Instagram]

g. Pledge

i. Sign up online and set your goal (e.g. 10/20/40 minutes exercise everyday)

Tick the mission when completed (optional: upload a photo of you working out , and you will get a picture wall on you personal account page)

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health.[[1]](https://en.wikipedia.org/wiki/Obesity#cite_note-WHO2015-1)

Obesity increases the likelihood of various diseases and conditions, particularly cardiovascular diseases, type 2 diabetes, obstructive sleep apnea, certain types of cancer, osteoarthritis and depression.[[2]](https://en.wikipedia.org/wiki/Obesity#cite_note-HaslamJames-2)[[3]](https://en.wikipedia.org/wiki/Obesity#cite_note-Luppino2010rev-3)

Obesity is a leading preventable cause of death worldwide, with increasing rates in adults and children.[[1]](https://en.wikipedia.org/wiki/Obesity#cite_note-WHO2015-1)[[13]](https://en.wikipedia.org/wiki/Obesity#cite_note-13) In 2015, 600 million adults (12%) and 100 million children were obese.[[7]](https://en.wikipedia.org/wiki/Obesity#cite_note-NEJM2017-7) Obesity is more common in women than men.[[1]](https://en.wikipedia.org/wiki/Obesity#cite_note-WHO2015-1) Authorities view it as one of the most serious public health problems of the 21st century.[[14]](https://en.wikipedia.org/wiki/Obesity#cite_note-Dibaise2013-14)

Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility.[[1]](https://en.wikipedia.org/wiki/Obesity#cite_note-WHO2015-1)[[4]](https://en.wikipedia.org/wiki/Obesity#cite_note-Yaz2015-4) A few cases are caused primarily by genes, endocrine disorders, medications, or mental disorder.[[9]](https://en.wikipedia.org/wiki/Obesity#cite_note-Ble2008-9) On average, obese people have a greater energy expenditure than their normal counterparts due to the energy required to maintain an increased body mass.[[10]](https://en.wikipedia.org/wiki/Obesity#cite_note-OUP2011-10)[[11]](https://en.wikipedia.org/wiki/Obesity#cite_note-11)

If you think the United States is the most obese country in the world, then you are wrong!    
  
American Samoa, which is situated on the south of Samoa, has the most obesedd population in the world. Approximately 75% of the population within American Samoa is reported as obese.

Below is a graph showing the obesity rate of the world:

People with obesity have a higher chance of developing these health problems:

* High blood glucose (sugar) or diabetes.
* High blood pressure (hypertension).
* High blood cholesterol and triglycerides (dyslipidemia, or high blood fats).
* Heart attacks due to coronary heart disease, heart failure, and stroke.
* Bone and joint problems, more weight puts pressure on the bones and joints. This can lead to osteoarthritis, a disease that causes joint pain and stiffness.
* Stopping breathing during sleep (sleep apnea). This can cause daytime fatigue or sleepiness, poor attention, and problems at work.
* Gallstones and liver problems.
* Some cancers.

Studies of several overweight persons conducted before their undergoing antiobesity surgery have shown 1) that there is no single personality type that characterizes the severely obese; 2) that this population does not report greater levels of general psychopathology than do average-weight control subjects; and 3) that the complications specific to severe obesity include body image disparagement and binge eating. Studies conducted after surgical treatment and weight loss have shown 1) that self-esteem and positive emotions increase; 2) that body image disparagement decreases; 3) that marital satisfaction increases, but only if a measure of satisfaction existed before surgery; and 4) that eating behavior is improved dramatically. The results of surgical treatment are superior to those for dietary treatment alone. Practitioners should be aware that severely obese persons are subjected to prejudice and discrimination and should be treated with an extra measure of compassion and concern to help alleviate their feelings of rejection and shame.

[Am J Clin Nutr.](https://www.ncbi.nlm.nih.gov/pubmed/1733121) 1992 Feb;55(2 Suppl):524S-532S.

**Psychological aspects of severe obesity.**

[Stunkard AJ](https://www.ncbi.nlm.nih.gov/pubmed/?term=Stunkard%20AJ%5BAuthor%5D&cauthor=true&cauthor_uid=1733121)1, [Wadden TA](https://www.ncbi.nlm.nih.gov/pubmed/?term=Wadden%20TA%5BAuthor%5D&cauthor=true&cauthor_uid=1733121).

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Affected individuals may suffer from depression, low self-esteem, bullying, and weight bias, experiences that can make achieving desired health outcomes more difficult.

[Paediatr Child Health.](https://www.ncbi.nlm.nih.gov/pubmed/23543619) 2012 Apr;17(4):205-8.

**Psychosocial aspects of child and adolescent obesity.**

[Article in English, French]

[Nieman P](https://www.ncbi.nlm.nih.gov/pubmed/?term=Nieman%20P%5BAuthor%5D&cauthor=true&cauthor_uid=23543619), [Leblanc CM](https://www.ncbi.nlm.nih.gov/pubmed/?term=Leblanc%20CM%5BAuthor%5D&cauthor=true&cauthor_uid=23543619); [Canadian Paediatric Society, Healthy Active Living and Sports Medicine Committee](https://www.ncbi.nlm.nih.gov/pubmed/?term=Canadian%20Paediatric%20Society%2C%20Healthy%20Active%20Living%20and%20Sports%20Medicine%20Committee%5BCorporate%20Author%5D).

**Body Mass Index**

Body mass index (BMI) is calculated using height and weight. It is used to estimate body fat.

Starting at 25.0, the higher your BMI, the greater is your risk of developing obesity-related health problems. These ranges of BMI are used to describe levels of risk:

* Overweight (not obese), if BMI is 25.0 to 29.9
* Class 1 (low-risk) obesity, if BMI is 30.0 to 34.9
* Class 2 (moderate-risk) obesity, if BMI is 35.0 to 39.9
* Class 3 (high-risk) obesity, if BMI is equal to or greater than 40.0

**Waist Size**

Women with a waist size greater than 35 inches (89 centimeters) and men with a waist size greater than 40 inches (102 centimeters) have an increased risk for heart disease and type 2 diabetes. People with "apple-shaped" bodies (waist is bigger than the hips) also have an increased risk for these conditions.

Depression pic: <http://www.chinadaily.com.cn/kindle/2015-05/02/content_20601720.htm>

Apple-pear pic: <http://blog.sina.com.cn/s/blog_999e144c0102vkhp.html>