

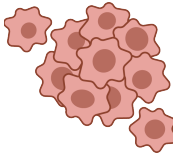



## CONCEPT: RISKS OF OVERWEIGHT & OBESITY

- ◆ Obesity is a chronic and complex disease which increases the risk of \_\_\_\_\_ mortality.
  - Excess body fat can significantly affect physical and \_\_\_\_\_ health.
- ◆ Some of the most common health risks associated with overweight and obesity are:

Health Risks of Overweight & Obesity			
<b>Cardiovascular Disease</b>	<ul style="list-style-type: none"><li>▸ Hypertension</li><li>▸ Stroke &amp; heart attack</li><li>▸ ____ LDL, ____ HDL</li></ul> <div>Class III obesity ____ risk of death.</div>	<b>Type 2 Diabetes</b>	<ul style="list-style-type: none"><li>▸ Kidney _____</li><li>▸ Cardiovascular Disease</li><li>▸ _____</li></ul>
			
<b>Cancer</b>	<ul style="list-style-type: none"><li>▸ Colon, gall bladder, kidney, prostate</li></ul> <div>Class III obesity ____ risk of death.</div>	<b>Mental Health</b>	<ul style="list-style-type: none"><li>▸ Stress &amp; depression<ul style="list-style-type: none"><li>- Bullying</li><li>- Weight _____</li></ul></li></ul>
			

### Weight Stigma

Negative attitude, discrimination and stereotyping towards people with overweight & obesity.

## EXAMPLE

Which of the following health conditions is most likely to be associated with overweight and/or obesity?

- a) Celiac disease
- b) Increase in HDL cholesterol
- c) Type 1 diabetes
- d) Major depression

## PRACTICE

Which statement below is not true?

- a) Obesity is linked to higher chances of developing depression.
- b) Individual with overweight is 3 times more likely to die from type 2 diabetes.
- c) Individual with class III obesity is 4 times more likely to die from cardiovascular disease.
- d) Individual who has experienced weight stigma can become depressed and withdraw from social events.