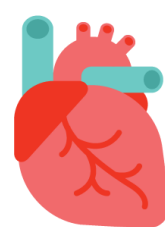# OBESITY

NATIONAL KIDNEY FOUNDATION MALAYSIA

Obesity is a complex, multifactorial condition characterized by excess body fat which resulted in excessive weight. A person with body mass index (BMI) of 30 or more is generally considered obese.
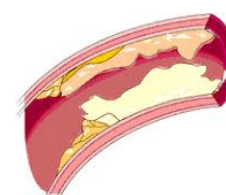
CAUSES

Excessive intake of high calorie food and sedentary lifestyle

HEALTH RISKS OF BEING OBESE

HEART DISEASE

CLOGGED ARTERIES

FATTY LIVER

DIABETES

HYPERTENSION

GASTRIC REFLUX

WHAT SHOULD YOU DO ?

ADOPT AN ACTIVE LIFESTYLE AND HEALTHY EATING HABITS

HEALTHY AND BALANCED PORTION DIET

DRINK MORE PLAIN WATER

EXERCISE AT LEAST 30 MINUTES A DAY, 3 TIMES A WEEK

QUIT SMOKING

LIMIT ALCOHOL CONSUMPTION

Reference:
1. Overweight and obesity (2020).https://www.who.int/gho/ncd/risk_factors/overweight_text/en/
2. 2004. Clinical Practice Guidelines. [ebook] p.7. Available at:
<https://www.moh.gov.my/moh/resources/Penerbitan/CPG/Endocrine/5a.pdf> [Accessed 25 August 2020].
3.PORTAL MyHEALTH. 2020. Obesity In Adult - PORTAL Myhealth. [online] Available at:
<http://www.myhealth.gov.my/en/obesity-in-adult/> [Accessed 25 August 2020].