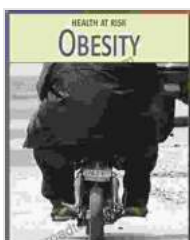
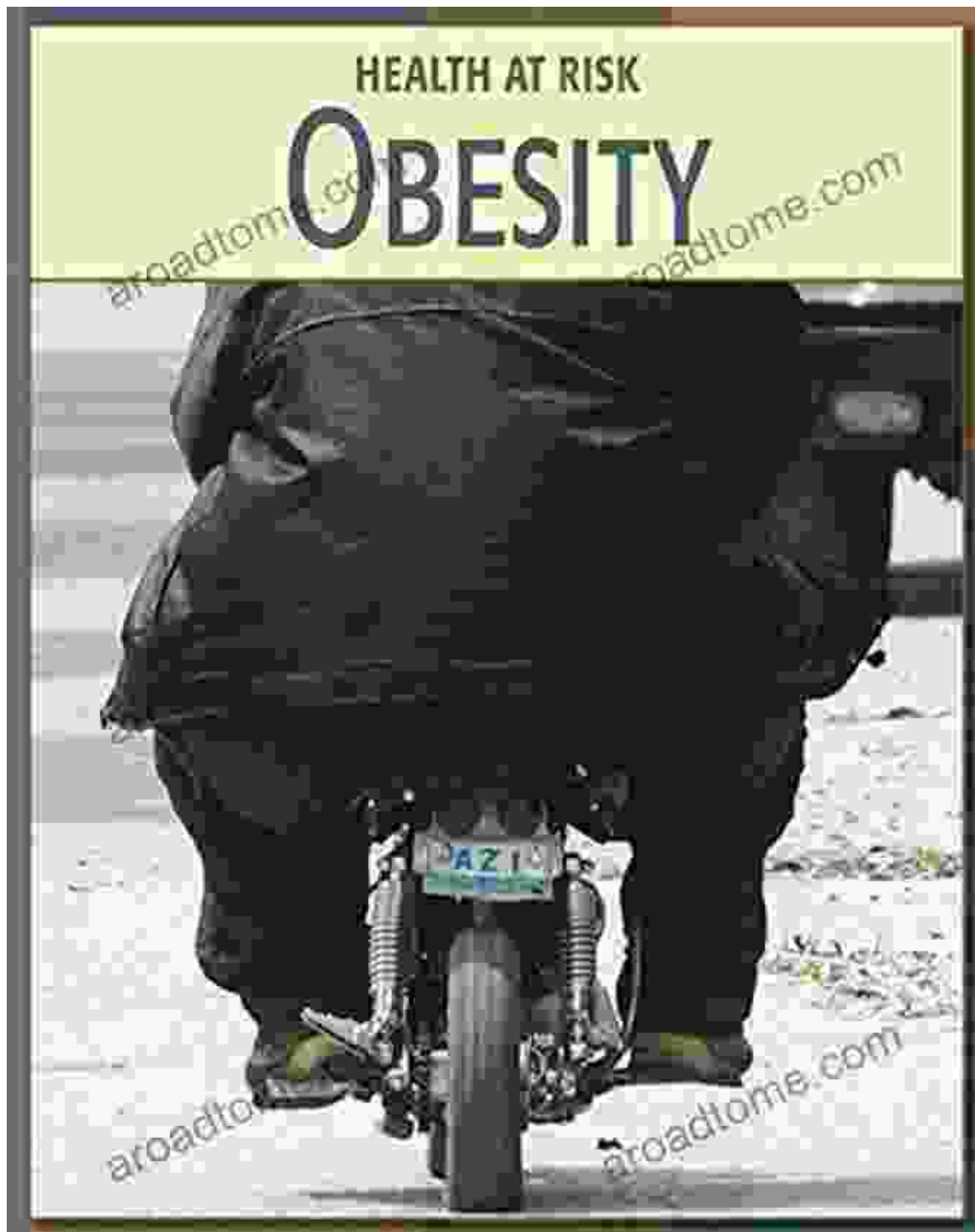


# Obesity: A 21st Century Health Crisis



## Obesity (21st Century Skills Library: Health at Risk)

by Toney Allman

★★★★☆ 4.5 out of 5

Language : English

File size : 7067 KB

Screen Reader : Supported



Obesity is a major public health crisis that affects millions of people worldwide. It is a complex condition that can lead to a variety of health problems, including heart disease, stroke, type 2 diabetes, and some types of cancer. The good news is that obesity is preventable and treatable.

## **What is Obesity?**

Obesity is a condition in which a person has excess body fat. Body mass index (BMI) is a measure of body fat based on height and weight. A BMI of 30 or higher is considered obese.

There are many factors that can contribute to obesity, including genetics, diet, and lifestyle. Some people are more likely to become obese than others, but everyone can take steps to reduce their risk of obesity.

## **Health Risks of Obesity**

Obesity can lead to a variety of health problems, including:

- Heart disease
- Stroke
- Type 2 diabetes
- Some types of cancer
- Sleep apnea

- Osteoarthritis
- Depression
- Anxiety

Obesity can also lead to premature death. People who are obese have a higher risk of dying from all causes, including heart disease, stroke, and cancer.

### **Preventing and Treating Obesity**

Obesity is a preventable and treatable condition. There are many things you can do to reduce your risk of obesity, including:

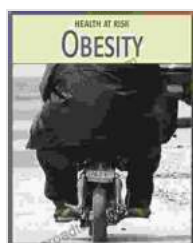
- Eating a healthy diet
- Getting regular exercise
- Maintaining a healthy weight
- Getting enough sleep
- Managing stress

If you are already obese, there are many things you can do to improve your health, including:

- Losing weight
- Eating a healthy diet
- Getting regular exercise
- Taking medication

- Having surgery

Obesity is a major public health crisis, but it is preventable and treatable. By making healthy lifestyle choices, you can reduce your risk of obesity and improve your overall health.



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## Steamy Reverse Harem with MFM Threesome: Our Fae Queen

By [Author Name] Genre: Paranormal Romance, Reverse Harem, MFM Threesome Length: [Book Length] pages Release Date: [Release...]



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