

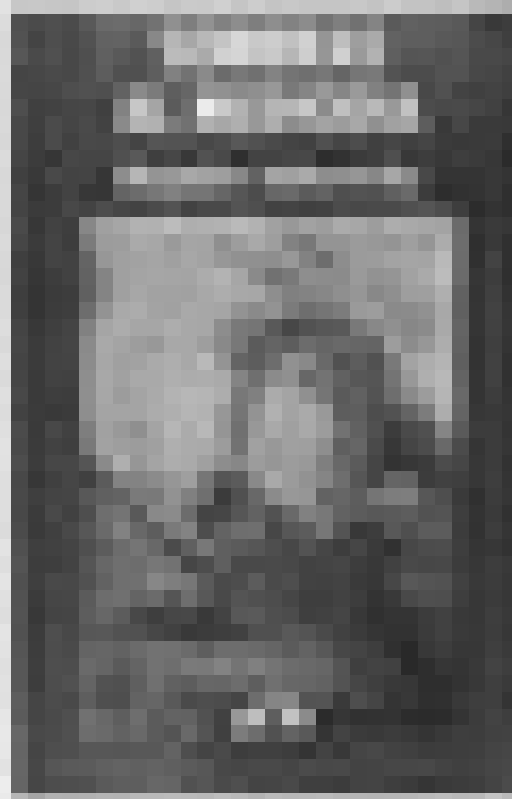


Overweight and Obesity

Overweight and obesity are major public health problems worldwide. In 2016, the World Health Organization (WHO) reported that over 1 billion people were overweight or obese, with the prevalence of obesity increasing from 4.2% in 1975 to 10.4% in 2016. The WHO defines overweight as a body mass index (BMI) of 25 or higher, and obesity as a BMI of 30 or higher. The prevalence of overweight and obesity varies by country, with higher rates in developed countries and lower rates in developing countries. The WHO estimates that overweight and obesity are responsible for 4 million deaths per year, and are a leading cause of disability-adjusted life years (DALYs).

Overweight and obesity are caused by a combination of factors, including genetics, diet, physical activity, and environment. The WHO estimates that 41% of overweight and obesity is due to genetics, 41% to diet, 14% to physical activity, and 4% to environment. The WHO also reports that the prevalence of overweight and obesity has increased in all countries, regardless of income level. The WHO estimates that the prevalence of overweight and obesity will continue to increase, with 1.1 billion people expected to be overweight or obese by 2030.

Overweight and obesity are associated with a number of health problems, including type 2 diabetes, heart disease, stroke, and certain types of cancer. The WHO estimates that overweight and obesity are responsible for 28% of type 2 diabetes, 30% of heart disease, 23% of stroke, and 7% of certain types of cancer.



Overweight and obesity are preventable conditions, and the WHO recommends a number of strategies to reduce the prevalence of overweight and obesity. These strategies include: increasing physical activity, eating a healthy diet, and creating a supportive environment for healthy living. The WHO also recommends that governments implement policies to reduce the prevalence of overweight and obesity, such as: increasing taxes on sugary drinks, limiting the marketing of unhealthy foods to children, and creating safe spaces for physical activity.

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