



OBESITY – THE BIG KILLER THAT CAN BE STOPPED

The number of people suffering with obesity is staggering - according to the World Health Organisation (WHO), obesity has more than tripled worldwide since 1975.



Over 650 million adults are classified as obese among the 9 billion adults who are overweight.



39 million children under the age of 5 were overweight or obese in 2020.

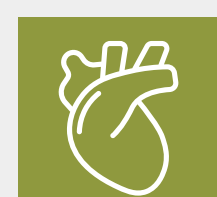


Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.

WHY SHOULD THIS MAKE US WORRY?

Obesity isn't a concern because of how we look or how society judges how we look. It is a serious health condition that can kill you and is linked to chronic diseases. It is not something that we cannot fight – it is ENTIRELY PREVENTABLE.

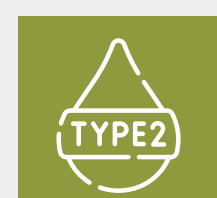
DID YOU KNOW?



Obesity increases the likelihood of cardiovascular diseases.



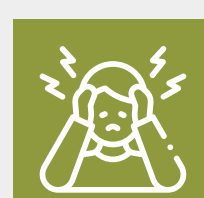
It causes hypertension



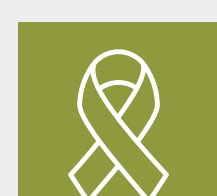
Excess body fat, especially around the abdomen, can lead to insulin resistance, contributing to the onset of heart-related issues and Type 2 diabetes.



Can cause injury to our bodies that is life-long



It impacts mental health as excess fat



About 4 to 8% of cancers are attributed to obesity. - it is a risk factor for several major cancers including post-menopausal breast, colorectal, endometrial kidney, pancreatic, liver and gallbladder cancer.

WHAT DO WE DO ABOUT IT?



Consult a medical practitioner to identify if you have any hormonal imbalances that could cause weight gain.



Some people are genetically predisposed to obesity – understanding this is key in tackling the problem, however it is important to act and ensure that a diagnosis guides the correct solutions.



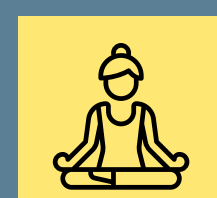
A well-balanced diet is crucial and eating the correct foods and changing poor eating habits can have a life-changing impact on your health. Consult a dietician to help you.



Stress and mental health issues such as anxiety and depression can cause weight gain and conversely, weight gain can cause mental health issues. It's a cycle that can be broken with the help of a mental health practitioner.



Keeping active is important and this doesn't have to mean strenuous exercise – walking for 20 minutes a day can make a difference – not only in burning fat but also to your mental health and heart.



Taking regular care of your mental health is important – take time to de-stress, meditate, and practice mindfulness.



For more information, support and advice feel free to reach out to us on transneteap@mhg.co.za

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