جامعة الإمام عبدالرحمن بن فيصل
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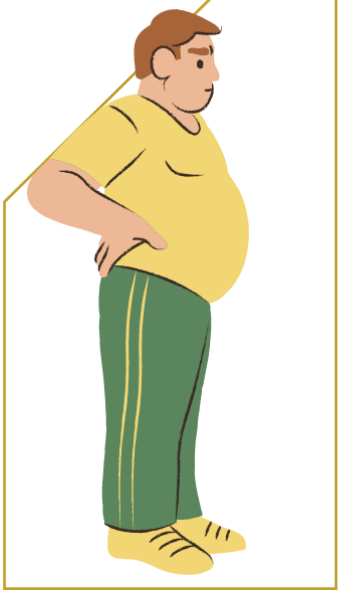
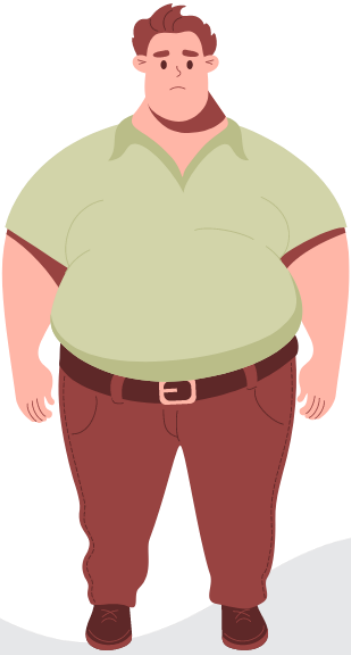
What is Obesity?



What is Obesity?

Obesity is a chronic disease attributed to various factors that result in an excess accumulation of body fat which can have negative effects on health. Body fat alone is not classified as a disease. However, an excessive presence of fat in the body can induce alterations in its normal functions. These modifications are progressive in nature, potentially deteriorating over time and yielding unfavorable health consequences.



How to Assess Obesity?

Obesity can be assessed using two different methods:

1. Body Mass Index (BMI):

It measures average body weight against average body height. The formula used is as follows:

BMI= weight (kg) / [height (m)]2.

Obesity is generally defined as a BMI of 30 or higher.

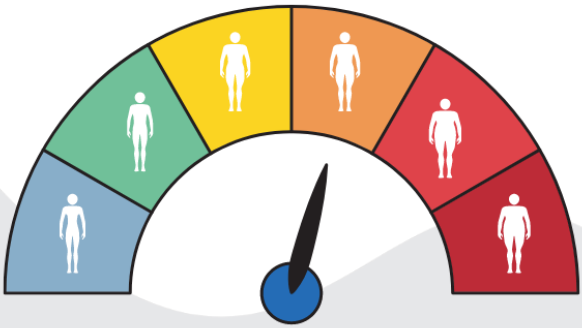
2. Waist circumference:

Males with a waist circumference more than 40 inches (102 CM), and females with a waist circumference more than 35 inches (88 CM) are at increased risk of obesity-related diseases.

How to Classify Obesity?

Based on BMI, the weight status is divided into multiple categories:

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal wight
25.0 – 29.9	Overwight
30.0 – 34.9	Class I obesity
35.0 – 39.9	Class II obesity
40.0 and above	Class III obesity



What Cause Obesity?

- Adopting an unhealthy lifestyle causes a highest risk factor for obesity
- Overeating, consuming unhealthy food choices lead to obesity in the majority of individuals.
- sedentary lifestyles. This is particularly evident among those who spend excessive time watching television.

What Cause Obesity?

There are additional factors linked to an increased likelihood of obesity that remain relatively unknown including:

- Childhood habits and weight gain – Individuals who are overweight or obese during their youth are at a higher risk of carrying excess weight into their adult years.

- Habits of mothers during and after pregnancy – Women who consume excessive calories, have diabetes, or engage in smoking during pregnancy face an increased likelihood of their babies developing obesity in adulthood. Furthermore, infants who are formula-fed may have a higher risk of developing obesity later in life compared to those who are breastfed.

What Cause Obesity?

- Insufficient sleep – People who sleep too little have been linked to a greater likelihood of developing obesity compared to those who get an adequate amount of sleep.
- Some medications – The use of some medications for a long period of time, such as depression medications, can lead to weight gain.
- Certain hormonal conditions – There are some medical conditions related to hormonal abnormalities increase the risk of developing obesity, such as polycystic ovary syndrome.

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Sources and references:

All pictures used from Canva.com

UpToDate

CDC

Review and audit:

The content of this booklet has been reviewed by General, Bariatric and Minimal Invasive Surgery Consultants at King Fahd University Hospital.

General, Bariatric and Minimal Invasive Surgery Department

Health Awareness Unit

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