

Obesity Global Epidemic **Monica Austen***

Department of Endocrinology, Diabetes and Metabolism, University of Southern California, Los Angeles, United States

***Corresponding author:** Austen M, Department of Endocrinology, Diabetes and Metabolism, University of Southern California, Los Angeles, United States; E-mail: austenm@usc.edu

Abstract

Obesity is a serious, common and chronic disease. Obesity puts people at risk for many other serious chronic diseases and increases the risk of severe illness from COVID-19. Worldwide obesity has nearly tripled. In 2020, more than 1.9 billion adults, 18 years and older were overweight. Of these over 650 million were obese. 39% of adults aged 18 years and over were overweight and 13% were obese.

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Description

Obesity is the new worldwide epidemic threatening millions of people to have its serious complications and its morbid associated diseases. It's found world-wide. In developed countries, due to the western food style and the junk foods high in fat and carbohydrates together with high caloric desserts and other luxurious foods increasing the risk of obesity. While in developing countries, its spread due to the main dependence on cheap foods which are characterized with low-protein and high caloric content.

Causes of Obesity

Obesity is generally caused by either Primary or Secondary causes. Primary causes include factors increasing energy intake and factors decreasing energy expenditure. Secondary causes include endocrinal causes and genetic causes. Obesity has been found to be associated with many chronic diseases including gastrointestinal disease, cardiovascular, endocrine and metabolic, musculoskeletal, respiratory, neurologic and many other chronic diseases. Obesity can be managed by many ways including: Diet, Medications, Exercise and Bariatric surgery.

Some illnesses may lead to weight gain. These may include Cushing's disease and polycystic ovary syndrome. Drugs such as steroids and some antidepressants may also cause weight gain. Research continues on the role of other factors in energy balance and weight gain such as chemical exposures and the role of the microbiome. A health care provider can help you learn more about your health habits and history to identify whether

behaviors, illnesses, medications, and psychological factors are contributing to weight gain.

Individuals and families may make decisions based on their environment. Community, home, childcare, school, medical care, and workplace settings can all influence daily behaviors. Therefore, it is important to create environments that make it easier to engage in physical activity and eat healthy foods.

Diet

- Drink fat-free or low-fat milk and eat low-fat dairy products.
- Choose from a variety of low-fat sources of protein - including eggs, beans, poultry without skin, seafood, lean meats, unsalted nuts, seeds, and soy products.
- Reduce intake of saturated fats and trans-fats as much as possible.
- Use vegetable oils instead of solid fats.
- Reduce daily intake of salt. Reduce to less than 1,500 mg per day.
- Restrict "junk food"-foods that contain refined white flour, solid fats, added sugars, and are high in sodium.

Prevention and Treatment

- Lifestyle modifications
- Diet control and
- Other means of therapy