

OBESITY AND OVERWEIGHT – A DANGER TO HUMANITY (ОЖИРІННЯ І ЗАЙВА ВАГА – НЕБЕЗПЕКА ДЛЯ ЛЮДСТВА)

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У доповіді йде мова про проблему ожиріння і зайвої ваги, її причини, наслідки та способи боротьби, про її різноманітний вплив на людську діяльність.

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Obesity is most commonly measured using the body mass index scale. The World Health Organization define BMI as: “a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults”.

Food per person – food availability has increased significantly in most countries across the world. How does the supply of calories, protein and fats vary between countries? How has this changed over time?

Hunger and Undernourishment – obesity rates have now overtaken hunger rates globally. How does undernourishment vary across the world? How has it changed over time?

Micronutrient Deficiency – getting sufficient intake of calories (a requirement for obesity) does not guarantee an individual gets the full range of essential vitamins and minerals (micronutrients) for good health. Dietary diversity varies significantly across the world. How common is micronutrient deficiency and who is most at risk?

Obesity is one of the world's largest health problems – one that has shifted from being a problem in rich countries, to one that spans all income levels. Overweight and obesity are linked to more deaths worldwide than underweight. Also globally there are more people who are obese than underweight.

What are the reasons for this? The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended. At a basic level, weight gain – eventually leading to being overweight or obesity – is determined by a balance of energy. When we consume more energy – typically measured in kilocalories – than the energy expended to maintain life and carry out daily activities, we gain weight. Changes in dietary and physical activity patterns are often the result of environmental and societal changes associated with development and lack of supportive policies in sectors such as health, agriculture, food processing.