

# OBESITY INFOGRAPHICS

## ARE YOU OBESE? WHAT DO YOU EAT?

**45%**  
of people  
are obese

Obesity is a significant public health issue, affecting nearly half of the population. It can lead to serious health conditions, including heart disease, diabetes, and hypertension. Understanding the risks and taking proactive steps to manage weight is crucial for maintaining long-term health.



### CAKES

Regular consumption of cakes, which are high in sugars and fats, can contribute significantly to weight gain and obesity.

**45%**



### SWEETS

A high intake of sweet, which are rich in refined sugars, is a major contributor to obesity and related health issues like diabetes.

**64%**



### SODAS

Sodas, often loaded with sugars and empty calories, can lead to increased weight gain and are linked to obesity.

**32%**



### MEAT

Excessive consumption of red and processed meats, which are high in fats and calories, can contribute to obesity and other health concerns.

**29%**



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## OBESITY PROBLEMS

### Obesity

Obesity affects over half of the population and is associated with numerous health risks, including heart disease and diabetes.

**53%**

### Aching Joints

Obesity can lead to joint pain due to the extra strain on the body's weight-bearing joints, increasing the risk of osteoarthritis.

**31%**

### Low Mobility

Obesity severely limits physical mobility, making it difficult to engage in daily activities and exercise, creating a vicious cycle of weight gain.

**89%**

### Arterial Pressure

High blood pressure, often a result of obesity, increases the risk of heart attacks, strokes, and other cardiovascular diseases.

**13%**

## WHAT SHOULD YOU DO?

### 1 Step: Exercise

#### Do it every day **78%**

Regular daily exercise is crucial for maintaining a healthy weight and reducing the risk of obesity. Aim for at least 30 minutes of physical activity each day to improve your overall health and fitness.



### 3 Step: Food

#### Water **33%**

Drinking water is essential for maintaining hydration, which supports all bodily functions, including digestion, metabolism, and overall health. Aim to drink at least 8 glasses of water a day.



### 2 Step: Schedule

#### Control of Pressure **61%**

Managing blood pressure through regular monitoring and lifestyle changes is essential for preventing obesity-related complications such as hypertension.

#### A Healthy Diet **37%**

Following a balanced and nutritious diet is vital for weight management. Incorporate a variety of fruits, vegetables, whole grains, and lean proteins into your meals to support overall well-being.



Fruits are a vital source of essential vitamins, minerals, and fiber. Incorporating a variety of fruits into your diet can help with weight management and reduce the risk of chronic diseases.

#### Fruit **47%**

#### Vegetables **30%**

Vegetables are packed with nutrients and are low in calories, making them an important part of any balanced diet. Eating a wide range of vegetables can help improve digestion and promote overall health.



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