

How to fix the obesity crisis?



[https://www.researchgate.net/post/How to fight overweight and obesity](https://www.researchgate.net/post/How_to_fight_overweight_and_obesity)

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Agenda

- Reasons why obesity became widespread
- Complex problem of obesity
- Ways to tackle the problem of obesity



Why obesity became widespread?

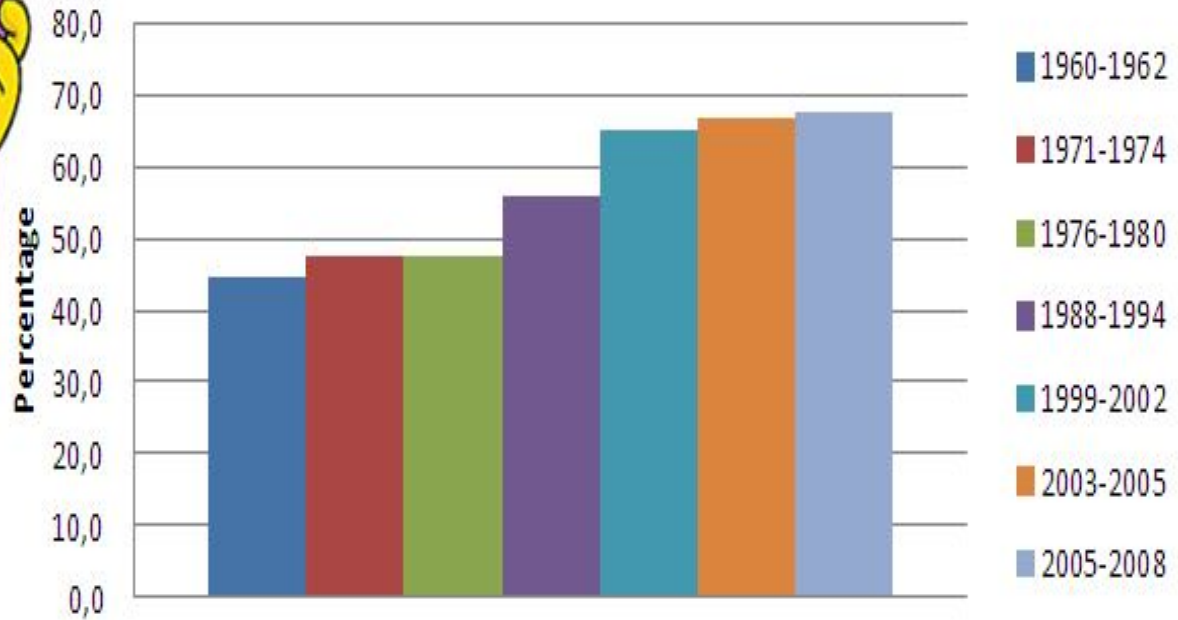


https://www.researchgate.net/post/How_to_fight_overweight_and_obesity





**Graph 1. Prevalence of Overweight Population
in the United States**



https://www.researchgate.net/post/How_to_fight_overweight_and_obesity

Obesity is a complex problem



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Factors that contribute to the problem

- Genetic predispositions
- Economics
- Advertisement
- Surrounding
- Sedential lifestyle



How to fight with obesity?



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summary

- multilateral widespread problem of obesity
- contradictive results of researches devoted to the topic
- effectiveness of psychological approach



Conclusion



To say that obesity is caused by merely consuming too many calories is like saying that the only cause of the American Revolution was the Boston Tea Party.

— Adelle Davis —

AZ QUOTES

