



# Obesity



## OBESITY is Harmful



By : Aiesha & Darian



# What Is Obesity ?

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**OBESITY IS NOW A  
GLOBAL EPIDEMIC!**



**Obesity is one of the most common chronic diseases in need of new strategies for prevention. Obesity is defined as excess adipose tissue (Adipose tissue is a loose connective tissue that fills up space between organs and provides structural and metabolic support) This disease can lead to insulin resistance, which the can turn into type 2 diabetes. Obesity is a disease that affects more than one-third of the U.S. adult population which is approximately 78.6 million people. The number of Americans with obesity has steadily increased since 1960, a trend that has slowed in recent years but shows no sign of reversing. People who are overweight or obese are more likely to have heart disease, strokes, diabetes, cancer, and depression. However losing weight can reduce your risk of developing these problems.**

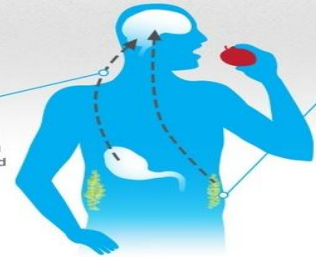
# What Controls Your Hunger ?

There are three hormones in your body that control hunger. The three hormones are insulin, ghrelin and leptin. They are important because the way these balance can impact your weight and health. Insulin is made in the pancreas and allows cells to take sugar or glucose from the bloodstream to use as energy. The ghrelin makes you feel hungry and leptin causes you to feel full. An easy way to distinguish between the two is that ghrelin grows your appetite and leptin lowers it.

## HOW GHRELIN AND LEPTIN WORK IN THE BODY

### GHRELIN THE APPETITE STIMULATOR

Ghrelin is released from the stomach, and when elevated, sends a signal to your brain letting you know you're hungry and it's time to eat! Age, gender, blood glucose, and leptin levels can all affect ghrelin levels.



### LEPTIN THE APPETITE SUPPRESSOR

Leptin, which is stored and secreted by fat cells, is considered to be the master regulator of hunger. When you eat a meal, leptin is released from fat cells and sends a signal to your brain to let you know you're full and to stop eating.

# Homeostasis & Obesity

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Health is regulated by homeostasis, as in all living things. According to Sage Journals, variation in homeostasis causing overweight and obesity are evident in more than 1 billion people. There are no cures for this condition but there are many things you can do to help prevent this, or help control your weight. The top three changes you can make in your everyday lifestyle includes: eating fewer calories, adding physical activity in your life and eat healthier foods. Worldwide obesity has nearly doubled since 1980.

# What Happens If You Carry Too Many Pounds ?

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If you're carrying many extra pounds, you face a higher risk of a different health problems; which can include: heart disease, stroke, diabetes, and certain cancers, gout and gallstones. The study also found that depressed people have a 58% higher risk of becoming obese. And because excess weight plays a role in so many common and deadly diseases, overweight and obesity can cut years off your life. Obesity is increasing worldwide, and while the consequences of obesity are present, data show that obesity in humans are associated with cognitive decline and enhanced vulnerability to brain injury.



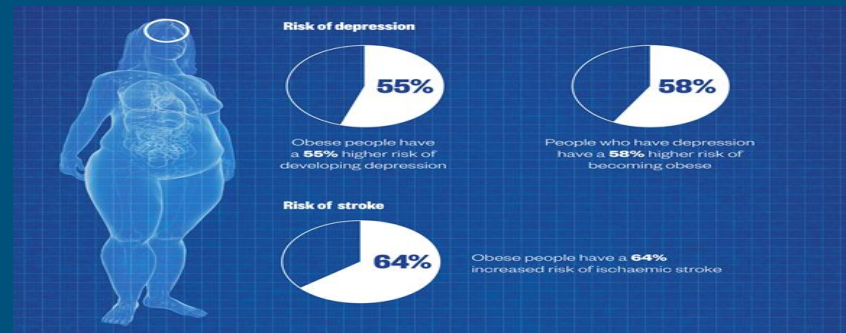
# Obesity and The Nervous System

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The nervous system is made of the central nervous system and peripheral nervous system. The central nervous system (CNS) is made up of the brain and spinal cord. The brain controls most body functions, including awareness, movements, sensations, thoughts, speech and memory. The spinal cord is connected to the brain at the brainstem and is covered by the vertebrae of the spine. Nerves exit the spinal cord to both sides of the body. The spinal cord carries signals back and forth between the brain and the nerves in the rest of the body while the peripheral nervous system (PNS) is the part of the nervous system outside of the CNS. It is made up of nerves that send signals to and receive signals from the (CNS) central nervous system. The (PNS) peripheral nervous system is divided into the somatic nervous system and the autonomic nervous system. The somatic nervous system controls body movements that are under our control such as walking. The autonomic nervous system controls involuntary functions that the body does on its own such as breathing and digestion. Neurotransmitters are the neurochemical messengers responsible for transmitting nerve impulses across the synapses ( Junction between two nerve cells consisting a gap of impulses passing by diffusion) of the nervous system. Their many different types of neurotransmitters which make up system that produce unique reactions within the brain when released, causing humans to experience various feelings and sensations.

# Obesity and The Nervous System (Continued)

Each individual has many levels of neurotransmitters the levels of neurotransmitters are affected by internal and external forces such as hormones, environment, drugs, alcohol, and prescription medications. It has been recently found through researchers that obesity is relevantly connected to neurotransmitters. It's been said that revealed that obesity is associated with altered opioid neurotransmission in the brain. An Opioid ( Is a compound that binds to one or more receptors “a organ or cell able to respond to light, or heat” in the body ) Opioid systems are intimately involved in generating pleasurable sensations. It's been discovered that their are lower numbers of opioid receptors in the brain. However, there have been no changes observed in the dopamine neurotransmitter system, within Obesity which regulates motivational aspects which are eating habits.



# Who Can Help With Obesity ?

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You can go to different centers and receive help but the main person who can help you prevent or control this disease is **YOURSELF** ! You can do this by :

- Start by eating right, throw away all the unhealthy foods
- Exercise more
- Constantly monitor weight
- Have less screen time





# How To Prevent Obesity ?

## HOW TO PREVENT OBESITY?

LIMITING UNHEALTHY FOODS



INCREASING PHYSICAL ACTIVITY



IMPROVING SLEEP



LIMITING TELEVISION TIME, SCREEN TIME, AND OTHER "SIT TIME"



MONITORING WEIGHT REGULARLY



## Obesity & Health Tips

Why?? What to do??

- French Fries and Burgers are the Biggest enemy of Heart and Health



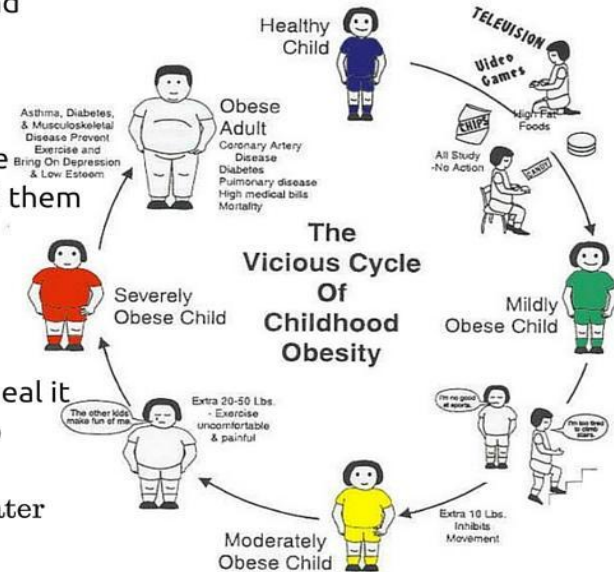
- Coke After that gives more power to this demon. Avoid them for your heart & Health.



- Drink Warm Water after meal it will help in digestion. It also prevents Obesity.



Drink Warm Water





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“Except for smoking Obesity is now the number one preventable cause of death in this country, three hundred thousand people die of obesity every year”

Get HYPER (Healthy You Positive Energy)