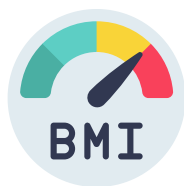


Understanding Obesity and Weight Management

In this material, we will explore the various aspects of obesity and weight management to help you better understand and manage the condition.

Defining Obesity

Obesity is a medical condition characterised by excess body fat accumulation. It is typically assessed using a measurement called Body Mass Index (BMI), which takes into account your weight and height.



is calculated as:
$$\frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

For adults aged 18 years and above, World Health Organisation (WHO) defines overweight and obesity as follow:

	Standard cut-off points	Asian-specific cut-off points
Overweight	BMI \geq 25	BMI \geq 23
Obese	BMI \geq 30	BMI \geq 27.5

Obesity Rates in Singapore

Obesity is a growing worldwide health concern, affecting millions of individuals of all ages and backgrounds. WHO reported that globally, 39% of adults were overweight and 13% of them were obese.

Based on the 2019/2020 National Population Health Survey, the rate of obesity among adults aged 18 to 74 in Singapore was 10.5%, which was higher than the 8.6% recorded in 2017.

Health Implications of Obesity

Obesity is not just about appearance, but also about how it affects our health and well-being. It can have various consequences for our health:



Physical Health Risks

Obesity increases the risk of several health conditions, including heart disease, diabetes, high blood pressure, sleep apnea and certain cancers.



Emotional and Mental Health Impact

Obesity can affect emotional well-being, leading to depression, anxiety and low self-esteem.







Social and Economic Consequences

Obesity can lead to social stigma and discrimination, impacting relationships and employment opportunities.

Causes of Obesity

Obesity likely results from a combination of factors:

Genetic Factors	<p>Some individuals may be genetically predisposed to obesity due to their family history, which can make weight management more challenging.</p>	
Environmental Factors	<p>The environment we live in can influence our eating habits and activity levels. Easy access to high-calorie foods and sedentary lifestyles can contribute to obesity.</p>	
Behavioural Factors	<p>Unhealthy eating habits such as overeating, binge eating, poor meal choices, and a low activity level such as having a sedentary lifestyle and a lack of regular physical activity, are significant factors contributing to obesity.</p>	
Psychological Factors	<p>Emotional factors, such as stress, depression and anxiety, can contribute to emotional overeating and weight gain.</p>	

Frequently Asked Questions (FAQs) about Weight Management

1. Is weight management just about appearance, or does it have health benefits too?

Weight management is primarily about improving health. While achieving a healthy weight can have aesthetic benefits, the most significant advantages are reducing the risk of obesity-related health conditions and enhancing overall well-being.

2. What role does stress play in weight management?

Stress can affect weight management by triggering emotional overeating and hormonal changes. Learning stress management techniques, such as mindfulness and relaxation exercises, can be beneficial.

3. How can I maintain my weight after achieving my goal weight?

Maintaining weight involves continuing healthy eating habits, regular physical activity and ongoing self-monitoring. It is also important to adapt to changes in your life and be aware of potential weight regain.

Managing obesity and achieving a healthy weight is a journey that requires time, effort, and commitment. Be patient with yourself, stay focused on your goals, and seek support when needed. With the right strategies and support, you can achieve and maintain a healthier weight and improve your overall well-being.

Contributed by Psychology (Allied Health Services)

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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