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Obesity and BMI (body mass index) are both tools of measurement that are used by doctors to assess body fat according to the height, age and gender of a person. If the BMI is between 25 to 29.9, that means the person has excess weight and body fat. If the BMI exceeds 30, that means the person is obese.

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Obesity can affect any person from young children to older adults. There are many causes of obesity such as over-eating, genetics, hormones, the environment, and lack of physical activity. There are many effects of obesity like health issues, depression, eating disorders, and death. There are also many solutions to obesity such as dieting,...

For instance, the obesity policy paper will focus on measures of improving awareness about the disease and pushing the society to embrace a healthy lifestyle. Another aspect that seems to suggest that the objectives of this proposal are achievable is engaging the community stakeholders in fighting the war against obesity.

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This paper goes into detail to elaborate on the health implications of obesity including mental health problems, increases in blood pressure as well as sleep problems. What is Obesity As opposed to the adage of fat and happy, being obese is by and large not a condition of joy by any means, and is frequently connected with major mental weight and dejection.

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The paper summarizes existing federal pro- grams and policies that address obesity and examines new and emerging policy strategies to battle the bulging American silhouette.

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This paper reviews the definition of overweight and obesity and the variations with age and ethnicity; health consequences and factors contributing to the development of obesity; and critically reviews the effectiveness of current public health strategies for risk factor reduction and obesity prevention.

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2 We do not review the impact of food, agriculture, trade, and nutrition policy on obesity in the present paper, but refer interested readers to a recent review . Further, we do not address the body of

growing evidence on the role of environmental pollutants-"obesogens"-in obesity, specifically those known as endocrine-disrupting chemicals.

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Obesity Among Us . Over the course of forty-two years analyzation and statistical models were used to gather and provide results from one hundred and twenty-eight point nine million individuals across one-hundred eighty-nine countries to show three levels of weight from underweight, obesity, and mean BMI.

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