

# World Obesity Day

## 04 March 2021



**Theme: "Everybody, needs everybody"**

**By:**  
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### Introduction:

The event, World Obesity day is being observed under the 2021 theme ‘Everybody, needs everybody’ – this is to create awareness about the increasing health problem it is for developing countries. Data shows that the three major causes of death were diseases



of the heart, cancers, and diabetes, respectively; all of which have scientifically proven links to obesity in terms of risk, occurrence, and morbidity of these conditions.

The mission of world obesity day was to increase awareness, encourage advocacy, improve policies and to share experiences On the occasion of world obesity day WHO encourages practical solutions to help people achieve and maintain a healthy weight, undertake proper treatment, and reverse the obesity crisis.

Obesity rates have nearly tripled since 1975 and have increased almost five times in children and adolescents, affecting people of all ages from all social groups in both developed and developing countries. Obesity is a major risk factors for various noncommunicable diseases (NCDs), such as type 2 diabetes, cardiovascular disease, hypertension and stroke, and various forms of cancer. People with obesity are constantly shamed and blamed because many - including doctors, policymakers, and others - do not fully understand the root causes of obesity, which are often a complex mixture of dietary, lifestyle, genetic, psychological, sociocultural, economic and environmental factors. It is time we break the cycle of shame and blame and reevaluate our approach for addressing this complex global public health problem.

### World Obesity Day Programme By SSRCN Vapi

On 04 March 2021, Thursday, the students of MSc Nursing under the Guidance of department of Medical Surgical Nursing Organized world Kidney day programme with the theme Everybody, needs everybody.

The Program started by morning 10:30 am at OPD Block of HRH, Vapi. On the occasion, the Students gave awareness health education at Haria LG Rotary Hospital to the patients and Patient relatives.

## Conclusion

In 2020, **83 percent** of men and **72 percent** of women will be overweight or obese. Currently, **72 percent** of men and **63 percent** of women are overweight or obese (people who are overweight have a BMI of 25 to 29, people who are obese have a BMI of 30 or greater.)

WHO is responding to the global obesity crisis on many fronts, including monitoring global trends and prevalence, the development of a broad range of guidance addressing the prevention and treatment of overweight and obesity, and providing implementation support and guidance such as the Report of the Commission on Ending Childhood Obesity.

