



More than 1 billion people in the world now live with obesity, analysis finds

Description

CNN reports that obesity is now the most common type of malnutrition worldwide, affecting over a billion people globally. This alarming figure comes from a new study published in the medical journal The Lancet.

Obesity has spread faster than anticipated, especially in low-income and middle-income countries. The speed at which the global population has transitioned from being underweight to overweight has surprised the researchers. Previously, experts believed that there would be one billion obese people by 2030. However, we reached that number much earlier than expected in 2022.

The study was conducted by over 1,500 researchers from the Non-Communicable Diseases Risk Factor Collaboration and the World Health Organization. They examined the height and weight data of over 220 million people from more than 190 countries. Their focus was on obesity and underweight individuals, both of which are forms of malnutrition and harmful to health.

The study estimates that about 880 million adults and 159 million children were obese in 2022. Furthermore, global obesity rates among children and adolescents have increased four times since 1990. Adult obesity rates have more than doubled.

While obesity is a rising concern, the number of underweight people has decreased in most countries. Obesity rates are now higher than underweight rates in two-thirds of the world's nations.

Countries with the highest obesity rates in 2022 included Tonga, American Samoa, and Nauru, where over 60% of the adult population is obese. Surprisingly, the leading nations for obesity were no longer wealthy industrialised nations, aside from the United States.

To combat obesity and underweight issues, both of which coexist in numerous countries, the researchers recommend implementing policies addressing both problems. Examples include promoting breastfeeding, taxing sugar-sweetened beverages, regulating food advertising to children, and providing nutritious food in schools.

Obesity is a significant global health issue that needs immediate action from governments and communities. Policymakers must strive to ensure everyone has access to healthy, nutritious food.

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Vocabulary List:

1. **Malnutrition** // (noun): A condition where the body does not get the right amount of nutrients.
2. **Alarming** // (adjective): Causing worry or fear.
3. **Anticipated** // (adjective): Expected or predicted.
4. **Transitioned** // (verb): Undergoing a process of change.
5. **Underweight** // (adjective): Below a normal healthy weight.
6. **Researchers** // (noun): People who conduct studies and investigations.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which virus can cause respiratory infections such as the common cold?
Option: Adenovirus
Option: Climate change
Option: Pollution
Option: Diarrhoea
2. Which condition is characterized by feelings of worry nervousness or unease?
Option: Anxiety
Option: Cognitive Behavioral Therapy (CBT)



Option: Hormone Replacement Therapy (HRT)

Option: Psychosocial

3. Which demographic group is often defined as individuals aged 65 and older?

Option: Elderly

Option: Menopause

Option: Mindfulness

Option: Antibiotics

4. Which term means taking action in advance to deal with an expected difficulty?

Option: Proactively

Option: Immunity

Option: Fade

Option: Combat

5. Which word means to settle or find a solution to a problem or dispute?

Option: Resolve

Option: Admitted

Option: Influence

Option: Malnutrition

6. Which word means to gradually disappear or lose brightness?

Option: Fade

Option: Combat

Option: Epidemiologist

Option: Sluggishness

7. What treatment involves supplementing the body with hormones that are no longer produced in sufficient amounts?

Option: Hormone Replacement Therapy (HRT)

Option: Psychosocial

Option: Recommend

Option: Booster

8. Who conducts systematic investigation and analysis to establish facts or reach new conclusions?

Option: Researchers

Option: Psychosocial

Option: Alarming

Option: Anticipated

9. Which term refers to the presence of harmful substances in the environment?

Option: Pollution

Option: Transitioned



Option: Underweight

Option: Remedies

10. What are medications used to treat bacterial infections by inhibiting the growth of bacteria?

Option: Antibiotics

Option: Diarrhoea

Option: Anxiety

Option: Cognitive Behavioral Therapy (CBT)

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Vaccination helps boost _____ against certain diseases.

12. After some questioning the suspect _____ to committing the crime.

13. To _____ the spread of misinformation educational campaigns are essential.

14. Parents can have a significant _____ on their children's behavior.

15. The increase in deforestation rates is quite _____.

16. There are various natural _____ for common cold symptoms.

17. During _____ a woman experiences a decline in estrogen levels.

18. Individuals with a Body Mass Index (BMI) below 18.5 are considered _____.

19. The new product launch is highly _____ by industry experts.

20. After retirement he _____ into a consultant role for the company.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Support groups provide both psychological and social assistance to individuals in need.
22. Dehydration is a common complication of this gastrointestinal condition characterized by frequent watery stools.
23. Based on your symptoms I would that you see a specialist for further evaluation.
24. A dose of the vaccine may be necessary to enhance immunity against the virus.



25. Efforts to actively fight against a particular disease or health issue are crucial to public health.
26. Taking steps ahead of time to address potential problems is a wise way to avoid complications.
27. The media has a powerful on shaping public opinion and beliefs.
28. Over time memories may and become less vivid.
29. The negotiation aimed to the longstanding dispute between the two parties.
30. These individuals conduct in-depth studies and experiments to discover new findings in their respective fields.

Answer

Multiple Choice: 1. Adenovirus 2. Anxiety 3. Elderly 4. Proactively 5. Resolve 6. Fade 7. Hormone Replacement Therapy (HRT) 8. Researchers 9. Pollution 10. Antibiotics

Gap-Fill: 11. Immunity 12. Admitted 13. Combat 14. Influence 15. Alarming 16. Remedies 17. Menopause 18. Underweight 19. Anticipated 20. Transitioned

Matching sentence: 1. Psychosocial 2. Diarrhoea 3. Recommend 4. Booster 5. Combat 6. Proactively 7. Influence 8. Fade 9. Resolve 10. Researchers

CATEGORY

1. Health - LEVEL3

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Author

aimeeyoung99