

Worldwide research indicates over a billion individuals are obese, study suggests.

Description

The persistent international issue of obesity, a general medical condition characterized by an excessive accumulation of body fat, poses a prevalent health risk to approximately 1.04 billion individuals across the globe. This estimation, based on data extrapolated from the year 2022, incorporates the incidence of obesity in both the adult and child demography, amounting to nearly 880 million and 159 million receptively.

Worryingly, the research team detected extraordinary obesity prevalence in the island nations of Tonga and American Samoa, with women experiencing the highest obesity rates. In exact figures, between 70 to 80 percent of adults grapple with the ramifications of obesity. For men, the likelihood of suffering from this condition is most pronounced in American Samoa and Nauru. Furthermore, in the comprehensive study of 190 diverse nations, the United Kingdom emerges as 55th in rankings for male obesity and 87th for their female counterparts in this unwanted classification.

Dismissed by some as a superficial issue, obesity, however, is a grave concern necessitating immediate attention and comprehensive changes in its management strategies. The perilous effects of obesity extend to the increased risk of serious medical conditions such as cardiovascular disease, type 2 diabetes, and various types of cancer. According to the team's global obesity rates rankings, which take into account the impact of age variations, the United States is the 10th most obese nation for men, and 36th for women. India and China, on the other hand, have significantly lesser incidences of obesity, thereby occupying lower positions in this list.

Eminent researcher Prof Majid Ezzati from Imperial College London postulates that the obesity epidemic in island nations might be attributed to the widely skewed dichotomy between the availability of healthful and unhealthful food. In some instances, vigorous marketing campaigns promoting unhealthy food choices combined with the exorbitant cost and scarce availability of nutritious alternatives have exacerbated the situation. With each passing year, the global scenario of this health crisis evolves rapidly, as more nations face the brunt of this epidemic, whilst fewer nations grapple with underweight populations.

Drawing on data archives from 1990 to 2022, the study underlines a fourfold surge in obesity among children and an alarming escalation in adults, more than double in women and triple in men. Concurrently, the percentage of adults classified as underweight has experienced a 50% downtrend. Despite this decline, researchers underscore that underweight still poses a significant challenge, particularly within financially disadvantaged communities.



WHO Director-General Dr. Tedros Adhanom Ghebreyesus commends the study, underscoring the imperative of prevention and management of obesity across all life stages. He believes a multi-faceted approach involving diet, physical activity, and robust care systems is pivotal. He also calls for the collective responsibility of governments, communities, and the private sector in addressing the health impact of their products.

Co-author Dr. Guha Pradeepa, from the Madras Diabetes Research Foundation, posits that global crises could potentially provoke worsening malnutrition, resulting from both obesity and underweight conditions. She highlights the possible detrimental impact of climate change, the worldwide disruption caused by the COVID-19 pandemic, and recent conflicts such as the war in Ukraine.

In conclusion, the findings of this comprehensive study endeavour to spotlight the dual problems of obesity and underweight globally. Conducted by a collaboration of more than 1,500 experts in collaboration with the WHO, it analyzed the height and weight measurements of an estimated 220 million individuals aged five years and above. The research team acknowledges the limitations of these measures, however, maintains that it is the most universally adopted yardstick, making such a global analysis feasible.

Vocabulary List:

1. **Obesity** // (noun): A general medical condition characterized by an excessive accumulation of body fat.
2. **Prevalent** // (adjective): Widespread in a particular area or at a particular time.
3. **Incidence** // (noun): The occurrence rate or frequency of a disease or other undesirable thing.
4. **Dichotomy** // (noun): A division or contrast between two things that are or are represented as being opposed or entirely different.
5. **Exacerbated** // (verb): Make (a problem or bad situation or negative feeling) worse.
6. **Comprehensive** // (adjective): Including or dealing with all or nearly all elements or aspects of something.

Vocabulary quizzes

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

1. What is a major health concern characterized by an excess of body fat?
Option: A. Diabetes
Option: B. Obesity
Option: C. Arthritis
Option: D. Hypertension
2. Which highly contagious viral infection is known for its characteristic red rash?
Option: A. Measles



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- Option: B. Influenza
Option: C. Tuberculosis
Option: D. Mumps
3. Refers to the idea that neurological differences should be recognized and respected.
- Option: A. Neurotypicality
Option: B. Neurodiversity
Option: C. Neuroplasticity
Option: D. Neuropsychology
4. Which term describes something widespread or commonly occurring?
- Option: A. Scarce
Option: B. Prevalent
Option: C. Occasional
Option: D. Sparse
5. The ability of a product to provide a desired effect or result.
- Option: A. Potency
Option: B. Efficacy
Option: C. Toxicity
Option: D. Inefficacy
6. Which term means being present or found everywhere?
- Option: A. Limited
Option: B. Ubiquitous
Option: C. Rare
Option: D. Exclusive
7. Describing something with the ability to work successfully or be effective.
- Option: A. Feasible
Option: B. Viable
Option: C. Impracticable
Option: D. Unsound
8. Which term describes a mutual relationship or connection between two or more things?
- Option: A. Randomness
Option: B. Correlation
Option: C. Autonomy
Option: D. Disconnection
9. Refers to a specific period of work or time spent doing something.
- Option: A. Endurance
Option: B. Stint



Option: C. Abundance

Option: D. Leisure

10. Which term means providing support or encouragement?

Option: A. Discouraging

Option: B. Bracing

Option: C. Weakening

Option: D. Debilitating

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

11. _____ fever is a mosquito-borne tropical disease.

12. The car accident resulted in multiple _____ .

13. The factory had to close due to a _____ of raw materials.

14. The scientist conducted many _____ experiments to gather data.

15. The traffic jam was caused by a _____ on the highway.

16. Lack of rain _____ the drought conditions.

17. The report provided a _____ analysis of the problem.

18. The police are investigating the _____ that occurred last night.

19. The company questioned the _____ of the new project.

20. The research put the scientist at the _____ of the field.

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

21. The effects of climate change are gradually building up over time.
22. She found herself in a unable to decide between the two job offers.
23. The strong smell of the kept the mosquitoes away.
24. The novel explored the between good and evil.



25. With his keen eyesight he the tiny details in the artwork.
26. Using a microphone the speaker's voice for the audience to hear clearly.
27. The scientist was considered in the field of genetics.
28. The builder used to create a strong foundation for the house.
29. The family faced many as they moved to a new country.
30. The minor at the factory caused a brief shutdown.

Answer

Multiple Choice: 1. B. Obesity 2. A. Measles 3. B. Neurodiversity 4. B. Prevalent 5. B. Efficacy 6. B. Ubiquitous 7. B. Viable 8. B. Correlation 9. B. Stint 10. B. Bracing

Gap-Fill: 11. Dengue 12. fatalities 13. shortage 14. empirical 15. bottleneck 16. exacerbated 17. comprehensive 18. incident 19. viability 20. forefront

Matching sentence: 1. cumulative 2. quandary 3. repellent 4. dichotomy 5. discerned 6. amplifies 7. eminent 8. concrete 9. vicissitude 10. incident

CATEGORY

1. Health - LEVEL6

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