What is obesity?
- Obesity is when you have too much body fat around the stomach, calves and thighs.

- Obesity can cause many short and long term effects.

<table>
<thead>
<tr>
<th>Short term affects</th>
<th>Long term affects</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure</td>
<td>Death</td>
</tr>
<tr>
<td>Breathing difficulties</td>
<td>Diabetes (type 2)</td>
</tr>
<tr>
<td>Depression</td>
<td>Joint problems</td>
</tr>
<tr>
<td>Urge to eat more</td>
<td>Heart disease</td>
</tr>
<tr>
<td>Gallbladder problems</td>
<td>Breathing difficulties</td>
</tr>
</tbody>
</table>

Causes of Obesity
- Obesity can be caused by many factors these are some of the main factors.
- **Genes from parents**

- **How well your body turns food in to energy**

- **Your surroundings and influences**

- **Eating habits**
statistics about obesity

- Fourteen million Australians are overweight or obese.

- If weight gain continues at current levels, by 2025, close to 80% of all Australian adults and a third of all children will be overweight or obese.
- Obesity has overtaken smoking as the leading cause of premature death and illness in Australia.
- Obesity has become the single biggest threat to public health in Australia.
- On the basis of present trends we can predict that by the time they reach the age of 20 our kids will have a shorter life expectancy than earlier generations simply because of obesity.
- Aboriginal and Torres Strait Islander Australians are 1.9 times as likely as non-indigenous Australians to be obese.

Support for the upper hunter and online

- These are some of the support facilities
- Youth council
- Anytime fitness
- PCYC
- Online support

The biggest loser is a television show with obese people that work to lose the weight they have gained throughout their life to stop health problems and win a big cash prize.