Information about obesity

Obesity is a chronic disease. Today, about 1.4 million children and adults are living with obesity in Sweden.

Overweight and obesity are not the same things. Unlike overweight, obesity is considered a disease and is defined by, among other things, a BMI (how much you weight in relation to your height) of **30 or above.** A high BMI can cause other diseases, such as high blood pressure and type 2 diabetes.

One of the causes of obesity is that the body's appetite signals disrupt the sense of feeling satiety and hunger. This means you feel increased hunger and find it harder to feel satiety.

Our genes determine how sensitive we are to gain weight. The risk of developing obesity is also affected by factors such as **lifestyle, environment, stress, other illnesses and the medicines used to treat them.**

It is good to know that there are several health benefits, even at the beginning of weight loss. Maintaining weight loss also reduces the the risk of a number of health problems that otherwise can occur as a negative result of obesity.
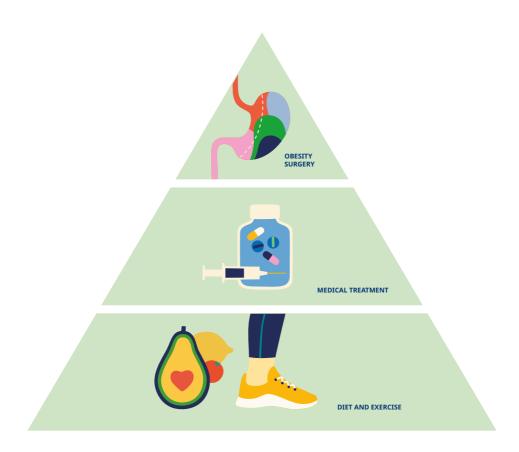
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How is obesity treated?

OBESITY
SURGERY

MEDICAL TREATMENT

DIET AND EXERCISE

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