

Obesity In The CNMI

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What Is Obesity?

- Obesity: Is a non- communicable disease that causes people to become overweight and unhealthy. Many people are obese especially young children.

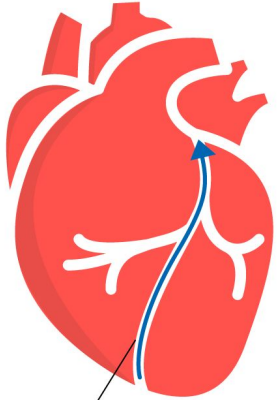
Causes of Obesity

The main causes of people being obese and overweight are by eating too much food, being surrounded by bad influence, and lack of exercise. For children, these are the main factors as to why they become obese. For instance, parents often feel that they have to give whatever their child wants to eat, but it could actually lead to health problems. This could be a factor as to why children become obese. Another main factor is bad influence. It may be a concern both at home and at school. At home, it could be a concern because parents often allow their children to have unhealthy eating habits or the parents just don't care about whether their child is getting the right amount of food intake.

Effects Of Obesity

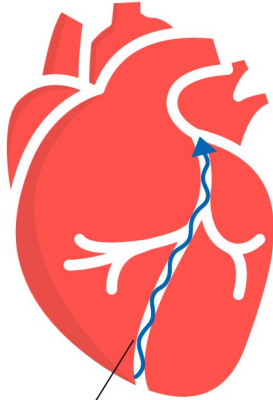
The effects of obesity in the CNMI and the US are alike. There are three effects: heart disease, type ii diabetes and hypertension. People that are overweight or obese have high risk of getting a heart disease or stroke, because of type II diabetes. Type II diabetes develops when the body can not produce enough insulin in the blood. Diabetes decreases the insulin's ability to control blood sugar. When the body produces too much insulin, it helps to maintain blood sugar levels. Hypertension also known as high blood pressure is highly known to raise the risk of heart attack, stroke and kidney failure

No Hypertension
Heart Pumping Normally

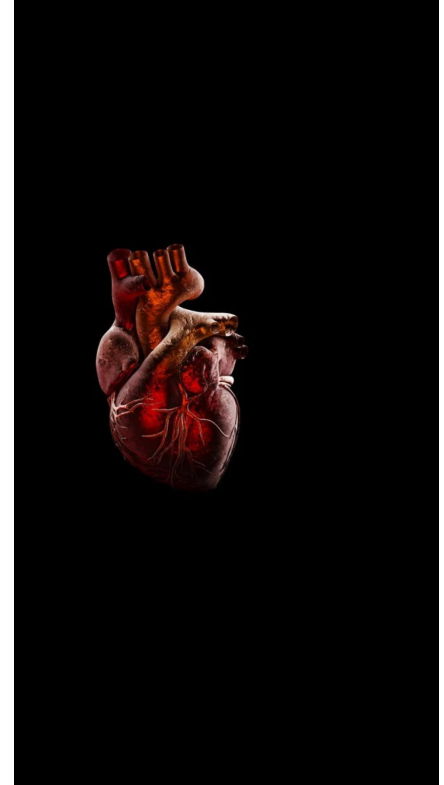


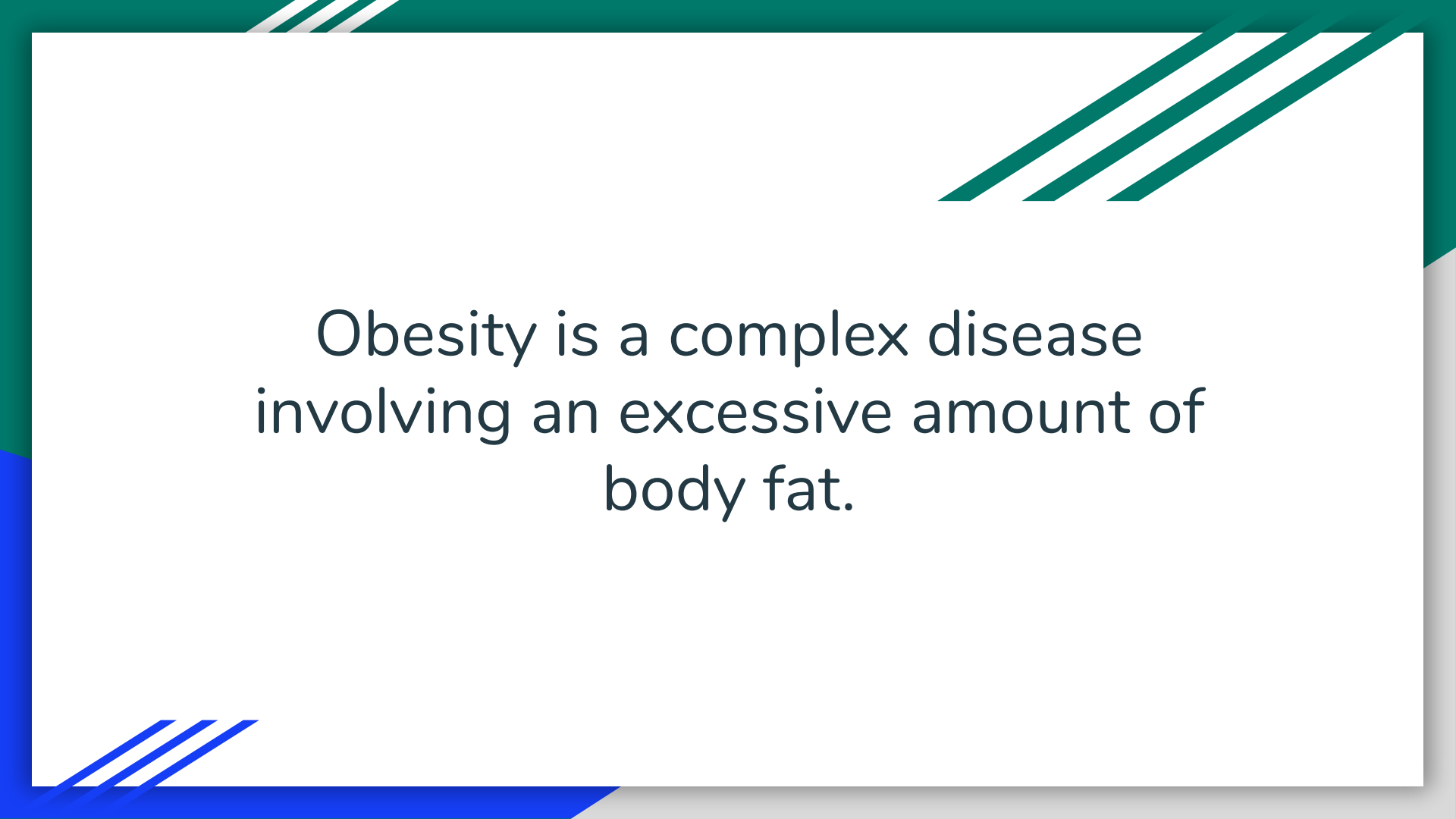
Blood flows easily through vessels

Hypertension
Heart Pumping Harder



Blood may not flow easily through vessels





Obesity is a complex disease involving an excessive amount of body fat.



How To Prevent Obesity

Ways To Prevent Obesity



Being physically active
(dancing)

Having a good diet



Resting well

Negative Effects of Obesity

Illness



Death

Staying Active Through Dance

- Dance is known for being able to help boost up your motivation to stay fit.
- Helps motivate you to stay in shape while having fun.
- A good mind and body exercise which will help you stay positive throughout the process.

Maintain A Healthy Diet

- IMPORTANT!!! MONITOR WHAT YOU CONSUME
 - Sugared beverages
 - Refined grains
 - Potatoes
 - Red and processed meats
 - Highly processed foods (fast food)

Negative Effects Towards Health

- Poorly treating your body by having unhealthy eating habits.
 - Binging
 - Starving yourself
 - Not drinking enough water
- Having a poor diet can lead to major health risks.
 - Illness
 - Death



START NOW!!!!!!

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