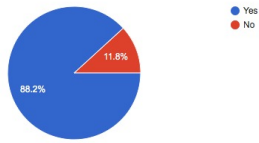


Obesity in the CNMI Survey

Do you have any knowledge on obesity?

17 responses



How would you feel if you found out that you have obesity?

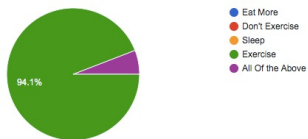
17 responses

- I'd cry
- wouldn't be surprised tbh
- If I found out I was obese, I would feel disappointed in myself and start making a change in my body
- I'd be disappointed in myself
- I'd take whatever tips my primary doctor has for me and put them to good use. Personally, I'd do what I can to prevent myself from having any further health complications.
- I would work on myself
- Worried
- I'm obese and I can guarantee that almost half of the islands people are obese as well.
- Unfortunate, sad
- Find a balanced nutrition plan and lifestyle.
- I would be worried and then find ways to live a healthier life
- I would freak out : exercise more. and watch what I eat.

- I would freak out , exercise more, and watch what I eat.
- Depression
- Bad
- I would feel disappointed with my health and food decision making. Then try to feel determined to get my weight down and improve my lifestyle.
- Shocked

How can you avoid obesity?

17 responses



What are the effects of Obesity?

17 responses

