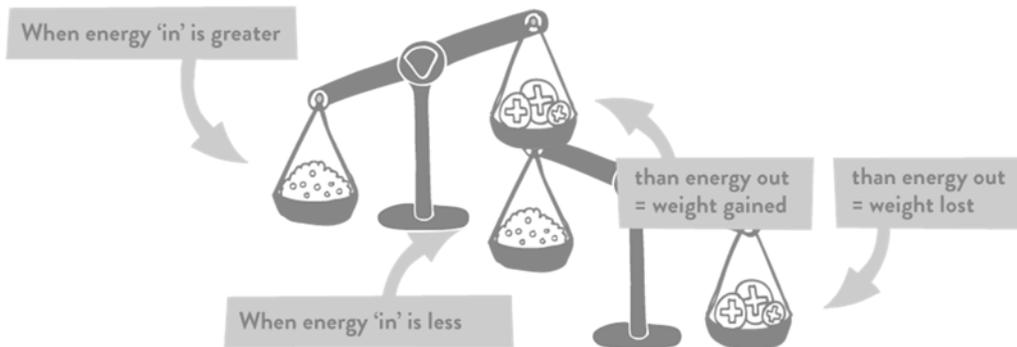


## Childhood Obesity: Introduction

Obesity occurs when, over a long period of time, the amount of food we put into our bodies each day is not used. In essence this means that there is always more energy going in, than out. That energy has to go somewhere, so our bodies store it as fat.

### Energy In vs Energy Out Equation



Unfortunately we live in an environment that encourages us to eat and discourages us to be active, making it very easy to gain weight. Consider:

- Food is readily available, 24 hours a day, 7 days a week
- Portion sizes are much bigger than they ever were before
- Many people rarely walk or cycle to get anywhere.
- TVs, computers and mobile phones encourage a more sedentary lifestyle

Obesity is a serious, chronic disease and is not a simple condition. Many people in different parts of the world are obese and are at risk of suffering major medical, physical and social problems because of this condition.

Obesity reduces a person's life expectancy. There are many illnesses that are either caused by obesity or made worse by obesity. These include high blood pressure, diabetes, heart disease, blood vessel diseases and sleep apnea. Obesity stresses the joints and can lead to arthritis in hips, knees and ankles.

In most studies, there are two key solutions proposed to solve the problem of obesity. The first is a change in diet. This could mean reducing the amount of food you eat. It could mean eating more nutritious or food or food with fewer calories. It could mean a combination of these. The second is exercising more. However, these solutions do not seem to be working. Obese people who rely on such solutions often fall into what is called the "yo- yo syndrome" where they continually lose and gain weight. For many sufferers, altering one's diet and taking more exercise very often do not work.

Therefore, the question to be answered is, if the traditional solutions to obesity do not work, what might?