

Obesity Overview

Overweight means that you have extra body weight, and *obesity* means having a high amount of extra body fat.

Being overweight or obese raises your risk for health problems, including coronary heart disease, type 2 diabetes, high blood pressure, sleep apnea, and certain types of cancer.

What causes obesity?

Risk factors that determine obesity can be complex. Some endocrine disorders, diseases, and medications may also affect a person's weight.

Factors that may affect obesity include:

- Genetics.
- Metabolism factors.
- Socioeconomic factors.
- Lifestyle choices.
- Medicines.
- Emotions.

Health effects of obesity

Each year in the U.S., obesity-related conditions cost more than \$100 billion and cause premature deaths. The health effects linked with obesity include:

- High blood pressure.
- Type 2 diabetes.
- Heart disease.
- Joint problems, including osteoarthritis.
- Sleep apnea and respiratory problems.
- Cancer.
- Metabolic syndrome.
- Psychosocial effects.

