

# How to fix the obesity crisis?



[https://www.researchgate.net/post/How to fight overweight and obesity](https://www.researchgate.net/post/How_to_fight_overweight_and_obesity)

Guzik Sofiya, student of MIPT, department  
of problems of physics and energy



# Agenda

- Reasons why obesity became widespread
- Complexity of the problem and contradictive research results
- Factors that contribute to the problem of obesity
- Ways to tackle the problem of obesity



# Why obesity became widespread?

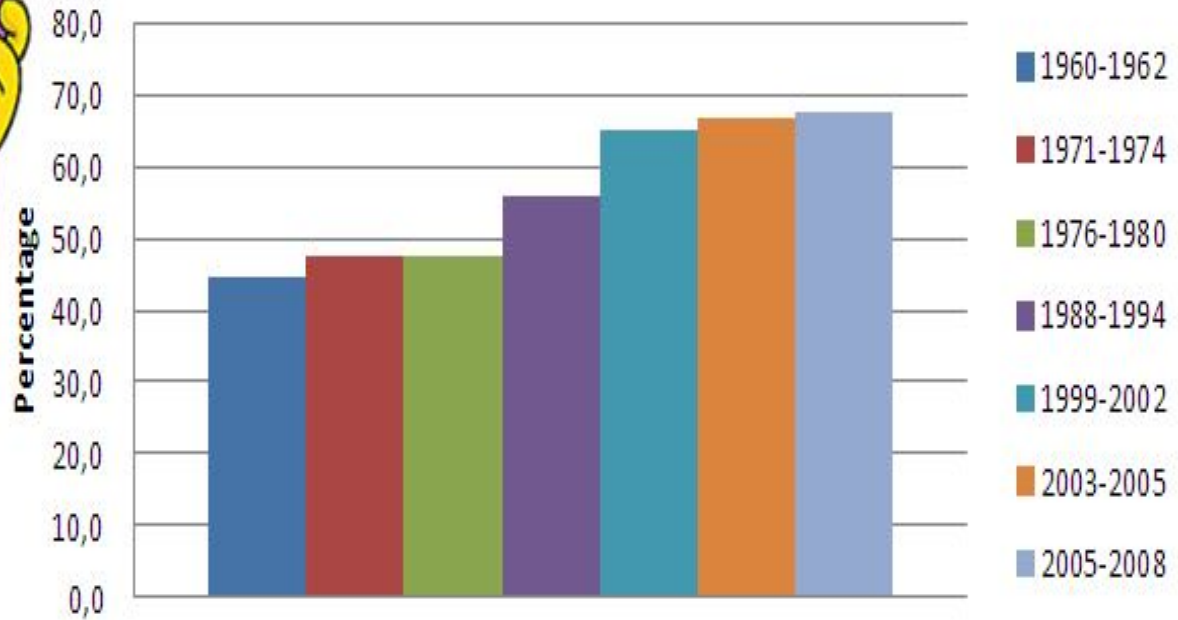


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**Graph 1. Prevalence of Overweight Population  
in the United States**



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# Obesity is a complex problem



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# Factors that contribute to the problem

- Genetic predispositions
- Economics
- Advertisement
- Surrounding
- Sedential lifestyle



# How to fight with obesity?



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# summary

- multilateral widespread problem of obesity
- contradictive results of researches devoted to the topic
- effectiveness of psychological approach





# Conclusion



To say that obesity is caused by merely consuming too many calories is like saying that the only cause of the American Revolution was the Boston Tea Party.

— Adelle Davis —

AZ QUOTES

