In addition to increasing the risk for developing physical health problems, obesity can also affect mental health, increasing the risk for developing31 ● long-term stress ● body image problems ● low self-esteem ● depression ● eating disorders Studies show that people with overweight or obesity are also likely to face weight-related bias at school and work, which may cause long-term harm to their quality of life.31 Losing excess weight has been found to improve body image and self-esteem and reduce symptoms of depression

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