

The definition of an obese person is a person who has excess muscle mass and a body fat index value higher than 30. Excerpt Obesity is the excessive or abnormal accumulation of fat or adipose tissue in the body that impairs health via its association with the risk of development of diabetes mellitus, cardiovascular disease, hypertension, and hyperlipidemia. Obesity can also be estimated by assessing skin thickness in the triceps, biceps, subscapular, and supra-iliac areas. The body mass index is an index that measures weight compared to height, which can be for tissues and thus obtain dire health results, such as: diabetes, blood pressure, and therefore the level of fats in the blood. While the BMI does correlate with body fat in a curvilinear fashion, it may not be as accurate in Asians and older people, where a normal BMI may conceal underlying excess fat. Obesity is the excessive or abnormal accumulation of fat or adipose tissue in the body that may impair health. This activity reviews the causes, pathophysiology, presentation, and complications of obesity and highlights the role of the interprofessional team in its management. The body mass index (BMI) is used to define obesity, which is calculated as weight (kg)/height(m). Dual energy radiographic absorptiometry (DEXA) scan may also be used to assess fat mass. Relatively little progress has been made in the treatment of obesity except for lifestyle changes, but much information has been collected regarding the medical consequences of obesity. It is a significant public health epidemic which has progressively worsened over the past 50 years. Obesity needs multiprong treatment strategies and may require lifelong treatment. A 5% to 10% weight loss can significantly improve health, quality of life, and economic burden of an individual and a country as a whole. Obesity has become an epidemic which has worsened for the last 50 years. In the United States, the economic burden is estimated to be about \$100 billion annually. Obesity is a complex disease and has multifactorial etiology. Obesity is a complex disease and has a multifactorial etiology. Obesity has enormous healthcare costs exceeding \$700 billion each year. The economic burden is estimated to be about \$100 billion annually in the United States alone. Obesity is one of the most common medical conditions in Western society today and one of the most difficult to treat and address. It is the second most common cause of preventable death after smoking. It is the second most common .cause of preventable death after smoking