

# What You Need to Know About Obesity

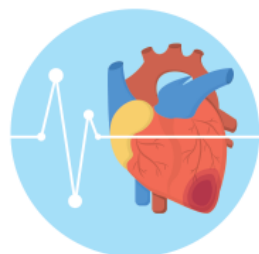
## Did you know:

- Obesity is a disorder of energy balance arising from consuming calories in excess to the energy expended.
- The prevalence of obesity was 42.4% and severe obesity was 9.2% in 2017~2018.
- Obesity is associated with serious health risks.



## INCREASES THE RISK FOR

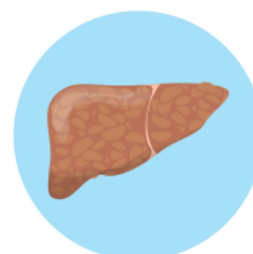
Recent studies found that obesity contributes to nearly **1 in 5** deaths in the United States.



Heart Disease



Diabetes



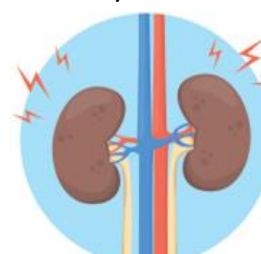
Fatty Liver



High Blood Pressure



Cancer



Kidney Disease

## 6 Health Benefits of Losing Weight

1

REDUCE THE RISK OF SERIOUS ILLNESS  
(see above)

2

REDUCE ACID REFLUX

3

GOOD QUALITY OF SLEEP

4

BREATHE EASIER

5

SAVE YOUR KNEES

6

MORE ENERGY



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# 您要知道的肥胖小知識

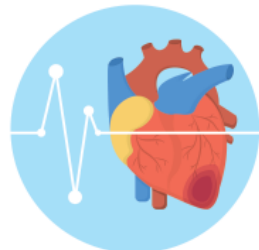
## 您知道嗎：

- 肥胖是由於攝入的卡路里超過所消耗的能量引起的能量平衡失調
- 2017~2018年肥胖率為42.4%，嚴重肥胖率為9.2%
- 肥胖與嚴重的健康風險息息相關



## 增加以下健康風險

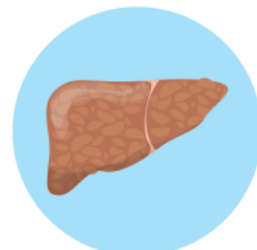
最近有研究發現，美國將近**五分之一**的死亡原因與肥胖有關



心臟疾病



糖尿病



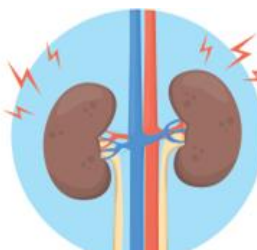
脂肪肝



高血壓



癌症



腎臟疾病

## 減肥的6大好處

1

降低患嚴重疾病的風險  
(見上圖)

2

減少胃酸倒流

3

睡眠質量佳

4

呼吸更輕鬆

5

保護膝蓋

6

能量充足



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