

What is obesity? How is obesity defined and measured?

What are the main causes of obesity? Are they primarily genetic, environmental, or a combination of factors?

What are the health risks associated with obesity? How does obesity increase the risk of chronic diseases?

How does diet contribute to obesity? What are the key dietary factors that contribute to weight gain?

How does physical activity help prevent and manage obesity? What types of exercise are most effective for weight loss?

How do socioeconomic factors contribute to obesity?

Does poverty increase the risk of obesity?

How do media and cultural ideals influence body image and eating habits?

What are effective strategies for preventing and treating obesity? What role do healthcare professionals play in obesity management?

How does weight stigma and discrimination impact individuals with obesity?

What role can governments and policymakers play in addressing the obesity epidemic?