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The obese decade has seen a rise in the prevalence of obesity. This has led to a significant increase in the incidence of type 2 diabetes mellitus, hypertension, and cardiovascular disease. The World Health Organization (WHO) has estimated that by 2030, obesity will be the leading cause of death worldwide. The prevalence of obesity has increased from 10% in 1975 to 13% in 2016. This increase is due to a combination of factors, including a sedentary lifestyle, increased consumption of high-calorie foods, and a decrease in physical activity. The prevalence of obesity is higher in developed countries than in developing countries. The prevalence of obesity is also higher in women than in men. The prevalence of obesity is higher in older adults than in younger adults. The prevalence of obesity is higher in those with a family history of obesity than in those without a family history of obesity. The prevalence of obesity is higher in those with a history of gestational diabetes than in those without a history of gestational diabetes. The prevalence of obesity is higher in those with a history of polycystic ovary syndrome (PCOS) than in those without a history of PCOS. The prevalence of obesity is higher in those with a history of depression than in those without a history of depression. The prevalence of obesity is higher in those with a history of anxiety disorder than in those without a history of anxiety disorder. The prevalence of obesity is higher in those with a history of eating disorder than in those without a history of eating disorder. The prevalence of obesity is higher in those with a history of substance use disorder than in those without a history of substance use disorder. The prevalence of obesity is higher in those with a history of chronic pain than in those without a history of chronic pain. The prevalence of obesity is higher in those with a history of chronic illness than in those without a history of chronic illness. The prevalence of obesity is higher in those with a history of chronic stress than in those without a history of chronic stress. The prevalence of obesity is higher in those with a history of chronic loneliness than in those without a history of chronic loneliness. The prevalence of obesity is higher in those with a history of chronic isolation than in those without a history of chronic isolation. The prevalence of obesity is higher in those with a history of chronic social media use than in those without a history of chronic social media use. The prevalence of obesity is higher in those with a history of chronic smartphone use than in those without a history of chronic smartphone use. The prevalence of obesity is higher in those with a history of chronic television use than in those without a history of chronic television use. The prevalence of obesity is higher in those with a history of chronic video game use than in those without a history of chronic video game use. The prevalence of obesity is higher in those with a history of chronic internet use than in those without a history of chronic internet use. The prevalence of obesity is higher in those with a history of chronic social media use than in those without a history of chronic social media use. The prevalence of obesity is higher in those with a history of chronic smartphone use than in those without a history of chronic smartphone use. The prevalence of obesity is higher in those with a history of chronic television use than in those without a history of chronic television use. The prevalence of obesity is higher in those with a history of chronic video game use than in those without a history of chronic video game use. The prevalence of obesity is higher in those with a history of chronic internet use than in those without a history of chronic internet use.

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