

Obesity

What is Obesity (overweight or fatness)?

Obesity or overweight is an increase in body weight/size of a person due to plenty fat within the body that cause risk to the person's health.

Causes

Obesity is caused by several reasons which include:

- Eating fatty/oily foods (fried foods, pork, etc.)
- Lack of physical exercise
- Not eating fruits and vegetables with your regular meal
- Eating late at night.
- Eating plenty sugar (soft drinks, sweets etc.)
- Drinking Alcohol

Signs & Symptoms

- Easily tired
- Sleeping too much
- Shortness of breath

- Dizziness
- Increase sweating
- Back and joint pains

Who is mostly affected?

Obesity affects every one of all ages (male and female, young and old)

If you are obese, these are things that might likely happen to you.

- General tiredness
- Increase risk of health problems such as: Diabetes, Liver and bone diseases, stroke, high blood pressure, High Cholesterol (Plenty fats in the blood vessel) and other heart diseases.

Prevention

- Eat more fresh fruits and vegetables



- Avoid eating fatty/oily foods (fried foods)
- Avoid drinking plenty alcohol (liquor)
- Take physical exercise(s) everyday (at least 30 mins. a day) such as walking, jogging and other sporting activities.



Hint

Go for regular check up at the clinic or hospital to know your body weight



**For further Information, Contact the
Non Communicable Disease Division
Ministry of Health, Liberia**

FACTS ON Non Communicable Disease (OBESITY)



**Non Communicable Disease Division
Ministry of Health, Liberia**

What is Hypertension (High blood pressure)?

Hypertension also known as high blood pressure is the condition in which the blood pressure increases; thereby making the heart to work harder than normal

Causes/ Risk factors

- Blood pressure increases with age
- Eating plenty salt
- Drinking too much alcohol
- Smoking
- Obesity or Overweight
- Stress
- Family history
- Physical inactivity
- Diabetes

Signs & Symptoms

Generally, there are no specific signs and symptoms of Hypertension. However, some people with hypertension may show the following signs and symptoms

- Severe headache
- Tiredness

- Dizziness
- Sudden dimness of eyes
- Fast heart beat
- Nose bleed

Who is at risk?

Anyone can get hypertension. However, those aged 40 and above are at higher risk of getting hypertension.

What can happen to people with high blood pressure?

- Brain Damage/Stroke
- Heart failure
- Damage kidneys (kidneys failure)
- Eye damage

Prevention

- Check your blood pressure regularly
- Avoid drinking too much alcohol
- Eat plenty fresh fruits and

Vegetables



- Eat less salt
- Eat less starchy food
- Take exercise regularly
- Reduce stress and practice relaxation
- Drink plenty water



Treatment

Anti-hypertensive medications are given at the clinic or hospital to control and maintain blood pressure.

Hints

- Always go for regular check up at the clinic or hospital to do your blood pressure
- Exercise regularly
- Avoid drinking too much alcohol(liquor)
- Avoid eating too much fatty/oily foods (oil, butter, pork etc.)
- Don't smoke
- Eat fresh vegetables daily
- Reduce stress and practice relaxation
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For further Information, Contact the

**Non Communicable Disease Program
Ministry of Health, Liberia**

FACTS ON

Non Communicable Disease

Hypertension

(High Blood Pressure)



**Non Communicable Disease Program
Ministry of Health, Liberia**