

MYTH #1

OBESITY IS A LIFESTYLE CHOICE



FOR A LONG TIME, WE HAVE

- Viewed body weight as an individual's responsibility
- Put blame on persons who are struggling with obesity
- Subjected persons with obesity to negative stereotypes and misconceptions
- Allowed persons with obesity to shoulder the consequences alone

WE ARE WRONG!



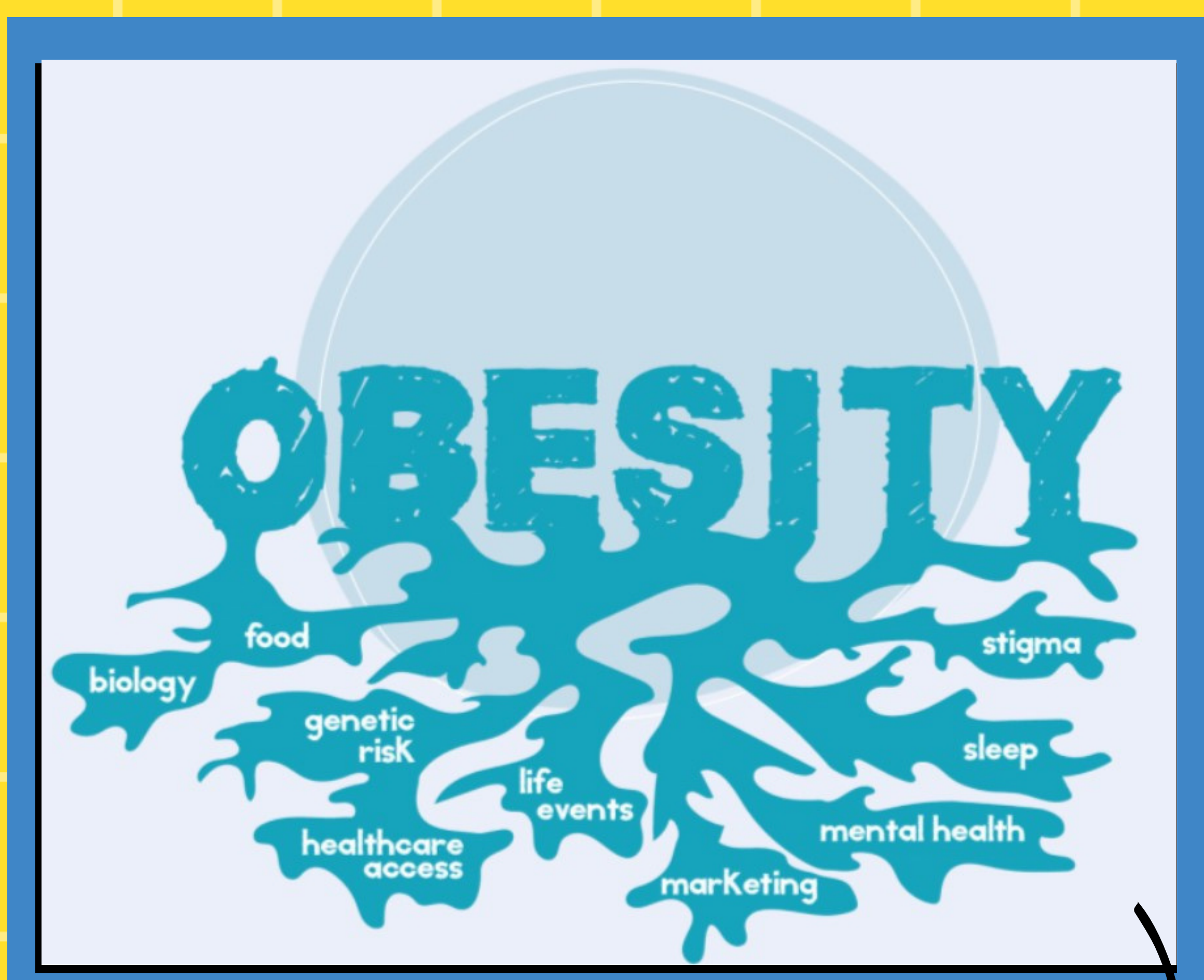
FACT

OBESITY IS A COMPLEX & MULTIFACTORIAL CONDITION

OBESITY HAS NUMEROUS ROOTS, INCLUDING

- heritable factors (genetics, sociocultural, environmental risks)
- biological factors
- external factors (food, sleep, stress, life events, access to healthcare etc)

To date, > 50 genes have been identified to have a role in the risk of developing obesity.



OBESITY MISCONCEPTIONS

People with obesity often face shame & blame for their weight.

Gaining weight is often viewed wrongly as a simple lack of discipline & willpower to control lifestyle.

This is because many people do not understand that obesity is complex & goes beyond personal "willpower".

Obesity is NOT a choice. It has many complex factors beyond one's control.

Obesity is NOT an individual's problem. It is OUR shared problem.



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