

DO YOU KNOW?

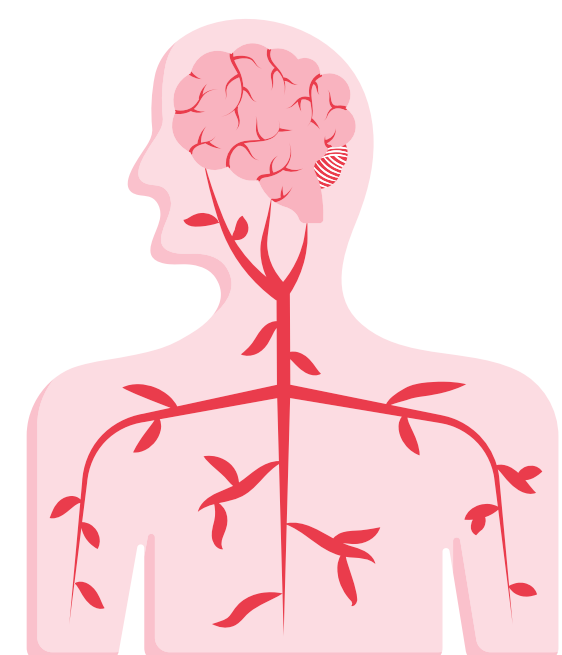


FACTORS ASSOCIATED WITH OBESITY

GENETIC



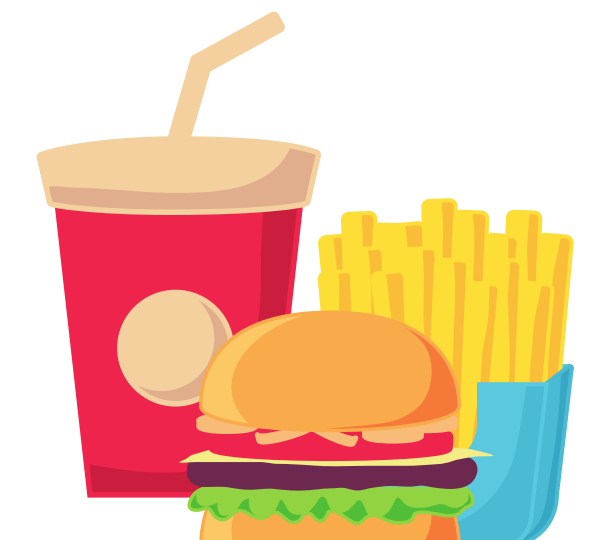
BIOLOGY



LACK OF SLEEP



AGGRESSIVE MARKETING of unhealthy food



MEDICATIONS

eg steroids, oral contraceptives



PREGNANCY

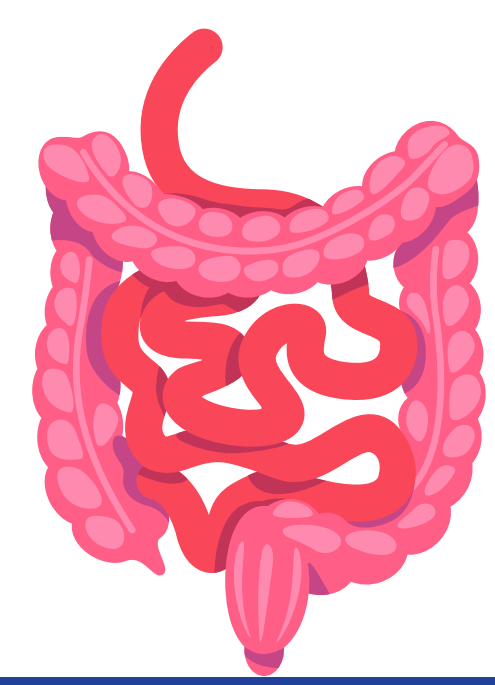


UNTREATED MEDICAL CONDITIONS

e.g. thyroid disease, sleep apnea



GUT MICROBIOMES



SEDENTARY LIFESTYLE

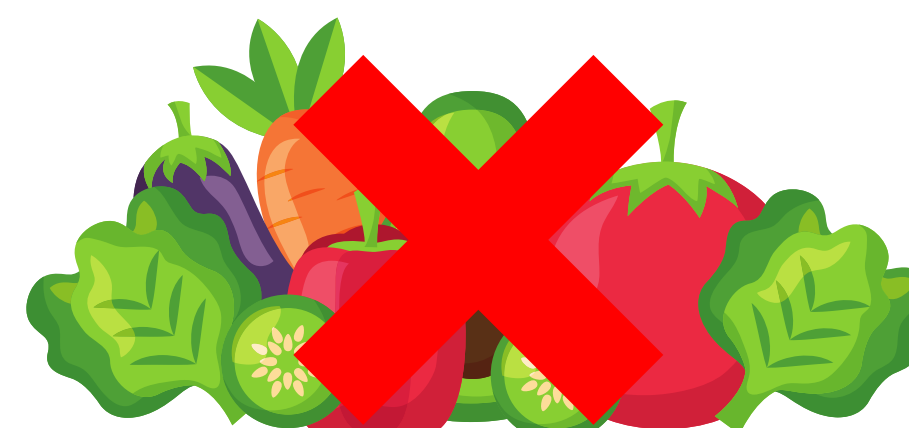


MENTAL HEALTH



LACK OF ACCESS

to recreational facilities, healthy food options, healthcare



LIFE EVENTS

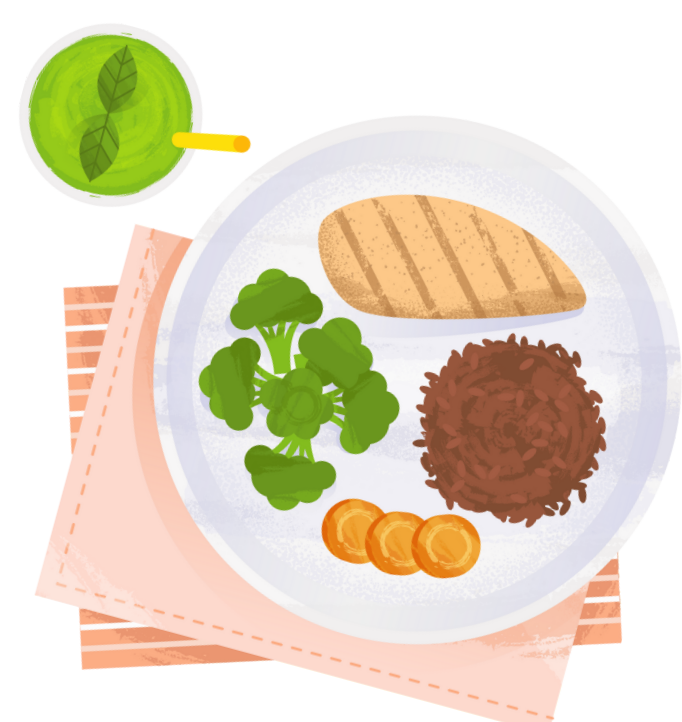


FOUR PILLARS OF OBESITY TREATMENT



There is no "one size fits all".

These are the 4 main areas of obesity treatment. Each of them is indispensable.



NUTRITION



PHYSICAL ACTIVITY



BEHAVIOURAL CHANGE



MEDICATION / SURGERY



<https://for.sg/wod2023register>

Scan to register for the Public Webinar on 4 March 2023.



Stand to win Mr Bean vouchers when you participate in our short quiz! Approach our staff for more details.