

Obesity is accompanied mankind throughout its existence, we have evidence of it has to prehistoric times. People have had enough physical activity and had little energy intake , therefore , the incidence of obesity rather rare. Although obesity has been well is an individual problem , more and more perceived as a serious and growing social health problem. Increased weight proved predisposing factor for various diseases, particularly cardiovascular diseases, diabetes mellitus Type 2 diabetes , sleep apnea , osteoarthritis , colorectal cancer and other tumors . It increases insulin resistance , which is a precursor of diabetes mellitus. It is part of metabolic syndrome , along with changes in lipid levels , increased blood pressure and insulin resistance .

Despite the widespread access to information on nutrition in schools , in hospitals and on the Internet , overeating remains a major problem . according to data WHO , the average daily per capita calorie intake of 9660 kJ in 1963 to 10 250 kJ in 1971 and 11 420 kJ in 1992. estimated to be energy intake in 2010 increased to 12,200 kJ . Between 1977 and 1995, fourfold increased calorie intake and income tripled energy-rich foods from fast food .

Obesity and overweight are becoming a global epidemic and therefore we need more focus on the prevention of obesity and its treatment. If we can reduce the weight of u people with obesity and overweight , thus reducing the risk factors of obesity and thereby improve the quality of life of these people