GO TO: <http://www.who.int/topics/obesity/en/> to complete the sentences below.

1. Overweight and obesity are defined as
2. Overweight and obesity are major risk factors for

CLICK ON: Obesity and overweight (fact sheet).

1. Copy the 5 key facts below.

What causes obesity and overweight?

1. The fundamental cause of obesity and overweight is
2. Globally, there has been:

* an increased
* a decrease

How can overweight and obesity be reduced?

1. At the individual level, people can:

* l
* i
* l
* e
* a