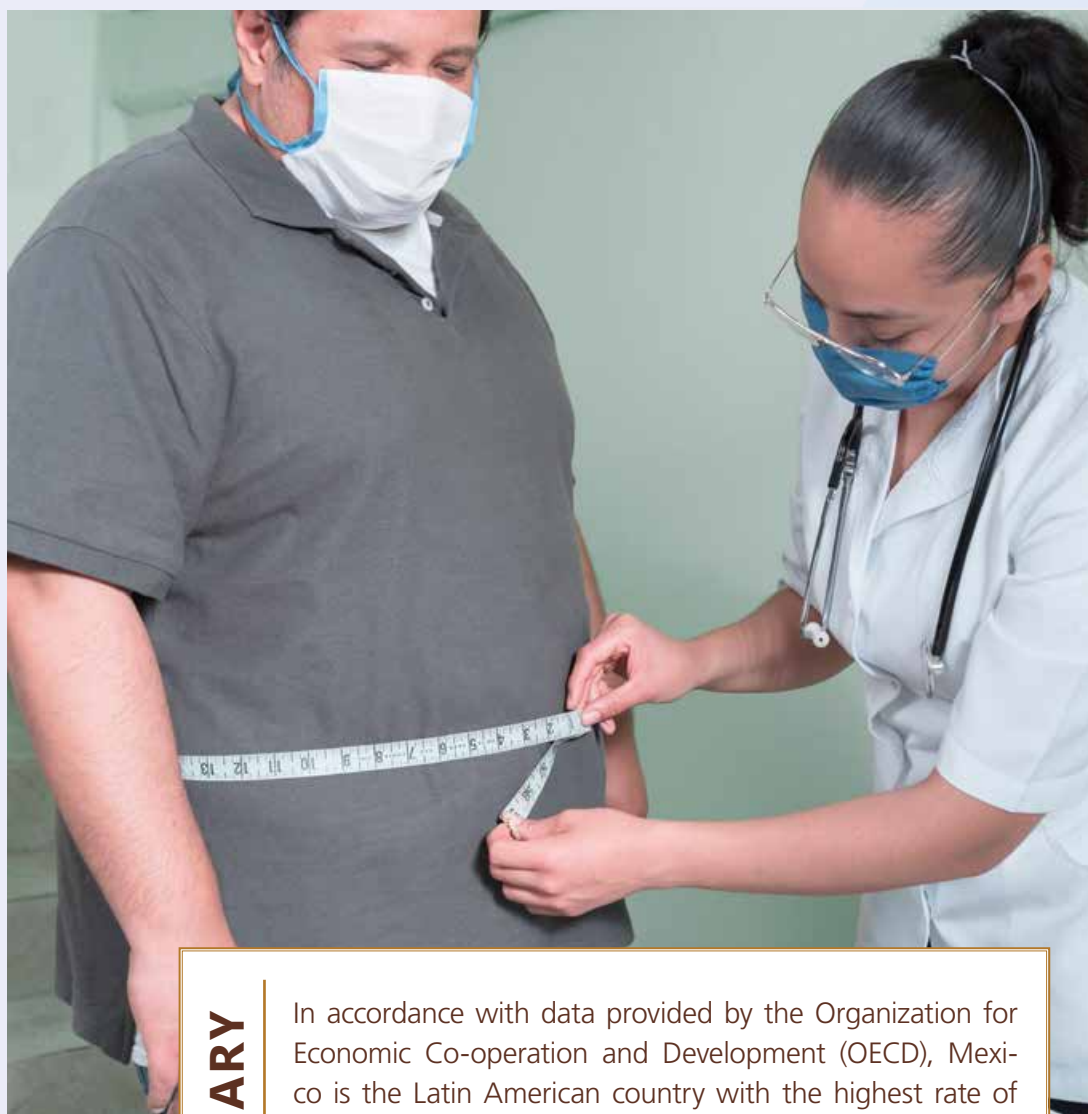


Obesity and overweight, just another pandemic in Mexico

Seven out of each ten adults suffer from obesity, which represents 75.2 percent of the population in the country. Besides, the sanitary crisis had a negative impact on the weight of Mexican people, as it increased an average of 8.5 kilograms, the ENSANUT declares.



SUMMARY

In accordance with data provided by the Organization for Economic Co-operation and Development (OECD), Mexico is the Latin American country with the highest rate of overweight and obesity among its population, this fact triggers different problems like high blood pressure and diabetes.

Mexico is globally ranked in the first position in obesity, as seven out of each 10 people suffer from that problem, which represents 75.2 percent of the population in the country; according to data provided by the Organization for Economic Co-operation and Development (OECD).

The country has the highest rate of overweight and obesity among its population, compared to the rate in other Latin American countries. In adult men the rate is 45 percent, and in women it is 43 percent; and in addition to that fact, one out of each three kids is more likely to develop a vulnerability to obesity in their adulthood, the OECD mentions.

The World Health Organization (WHO) defines obesity and overweight as “abnormal or excessive fat accumulation that presents a risk to health”. This problem is the most crucial problem in the country because it currently affects the whole population either children or adults.

This complaint triggers multiple affectations in people who suffer from obesity. It becomes a risk to develop non-communicable and chronic degenerative diseases like: diabetes type 2, high blood pressure, dyslipidemia, cardiovascular diseases, osteoarticular diseases, specific kinds of cancer like breast, prostate, and colorectal cancer; among other complaints.

Food is the main cause of those complaints, high consumption of food with low nutritional value, high consumption of sugar, fat, and salt; as well as high consumption of snacks and fast food. Overeating hamburgers, canned juices, chips, and others also have a negative effect; and on top of that, it is important to highlight the lack of physical activity and low consumption of vegetables in a regular diet.



In 2020, COVID-19 appeared and obesity became one of the main risks, as it boosts the disease and it also increases a potential risk to die.

Did you know?



In 2019, more than 260 thousand people died due to obesity: 156 thousand due to cardiovascular diseases, and more than 104 thousand due to diabetes.

In 2019, 18 percent of boys and girls between 5 to 11 years old suffered from being overweight. The WHO currently warns that weight increases as we get old, which also might have consequences on the health of people suffering from being overweight in case they do not take actions to prevent it.

In 2020, COVID-19 appeared and obesity became one of the main risks, as it boosts the disease and it also increases a potential risk to die. The sanitary crisis had an impact on the average weight of Mexican families, as it increased an average of 8.5 kilograms; this was revealed after the most recent Survey on Health and Nutrition (ENSANUT).

Regarding the number of people suffering from obesity, Mexico City is in the first position as 28 percent of children between 5 to 11 years old suffer from that complaint. In children from 12 to 19 years old, it increased to 17 percent, and among people over 20 it increased to 42 percent.

According to data provided by the Organization for Economic Co-operation and Development (OECD), Mexico is the Latin American country with the highest rate of people with overweight and obesity. It is estimated that in 2030, 40 percent of Mexican people will suffer from obesity.

It is important to mention that in 2016 Mexico proclaimed an epidemiological alert after finding out the critical numbers in the statistics that year. Nowadays, about 230 thousand Mexican people die every year as a consequence of diseases related to that complaint, a complaint that may be prevented with healthy food and exercise.

A support to that sector

Congregación Mariana Trinitaria (CMT) through its network of Food, was able to promote social programs to benefit thousands of children after delivering millions of liters of high-quality milk all over the country. Milk is an indispensable food that allows the development of children, as it represents a nutritional intake for them, it also guarantees a healthy diet, and it takes care of their health from their early years too.

After making all those big efforts, CMT will continue providing opportunities for families in vulnerable situations, and in the meantime, the development of health for their families becomes something they can afford. This way, it will also be possible to prevent diseases that might cause affectations to their quality of life.

CMT successful case



CMT through its network of Food, was able to promote social programs to benefit thousands of children after delivering millions of liters of high-quality milk all over the country.

