



Kedar Nath Nepal

HERD International,
Nepal

Biography

Kedar Nath Nepal, is an agricultural Expert having experience of more than 20 years in agriculture sector. He has expertise in livelihood, food security, nutrition, climate change and breeding and research-based works in cereals, pseudo cereals, vegetables and some of the fruit crops. He had contributed his professional span among projects funded by USAID, UK, EU, BMZ, and ADB, among others. He has worked as District Coordinator, Program Coordinator, Area Manager, MEAL Coordinator, and Agricultural Expert in these various projects.

Causes, Impacts and Prevention of Obesity and Weight Management

Abstract:

Obesity is a growing global public health issue characterized by excessive accumulation of body fat that negatively affects health. It increases the risk of several chronic diseases such as diabetes, hypertension, cardiovascular diseases, and certain cancers. Sedentary lifestyles, unhealthy dietary habits, genetic factors, stress, and lack of physical activity are major contributors to obesity. Effective weight management requires a combination of balanced nutrition, regular physical activity, behavioral modification, and medical support when necessary. Prevention and early intervention are essential to reduce health complications and improve quality of life. Public awareness, healthy lifestyle promotion, and community-based interventions play a significant role in controlling obesity and maintaining healthy body weight.