



Introduction

Obesity is a global public health problem, with prevalence increasing steadily over the past few decades. It is a complex condition, involving genetic, environmental, and behavioral factors. The World Health Organization (WHO) defines obesity as an abnormal or excessive fat accumulation that may impair health. It is a leading risk factor for cardiovascular disease, type 2 diabetes, and certain cancers. The prevalence of obesity has risen sharply in many countries, particularly in developed nations, and is now a major concern for public health officials worldwide. The pathogenesis of obesity is multifactorial, involving a combination of genetic predisposition, environmental influences, and lifestyle choices. Understanding the underlying mechanisms of obesity is crucial for developing effective prevention and treatment strategies. This paper explores the current state of research on obesity, focusing on the interplay of genetic and environmental factors, and discusses potential interventions to reduce its burden on society.

