



## 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 cause of preventable disability and death, contributing to a range of chronic diseases, including cardiovascular disease, type 2 diabetes, and certain types of cancer. The economic burden of obesity is also significant, with increased healthcare costs and lost productivity. This paper explores the current understanding of obesity, its pathophysiology, and the latest evidence-based interventions for its management. We discuss the role of diet, physical activity, and behavioral therapy, as well as the potential of pharmacological and surgical treatments. The goal is to provide a comprehensive overview of the field and to highlight areas for future research.