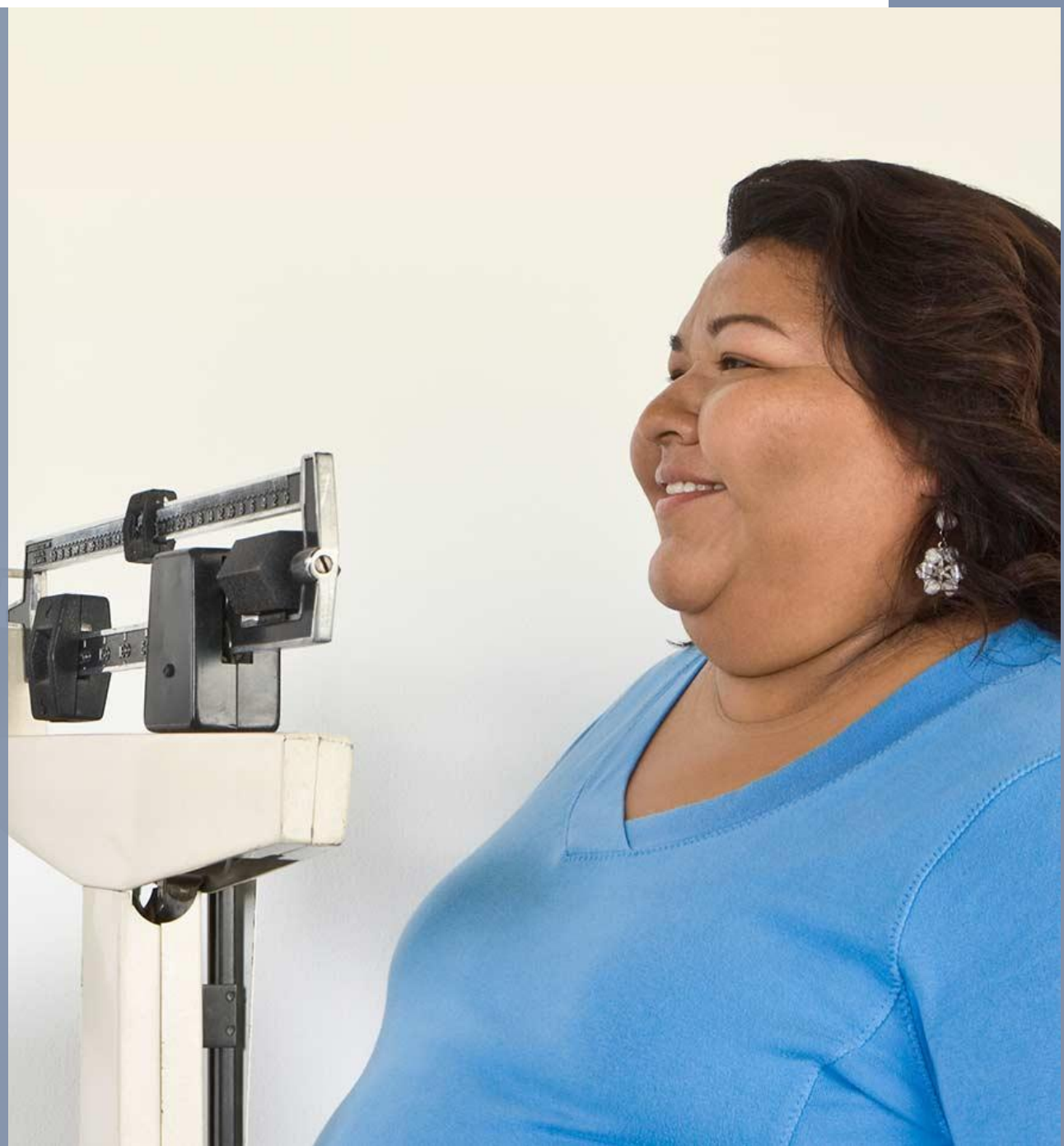




# Psychology Aspects of Obesity and Eating Disorder in Adolescence

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CEO Analisa Personality Development Center  
Spokes Person Wardah Beauty  
Author "The Power of Personality Development"



# Obesity

A disorder involving excessive body fat that increases the risk of health problems



# THE WORLD IS GETTING FATTER



## HOW DO I KNOW WHETHER I AM OVERWEIGHT?

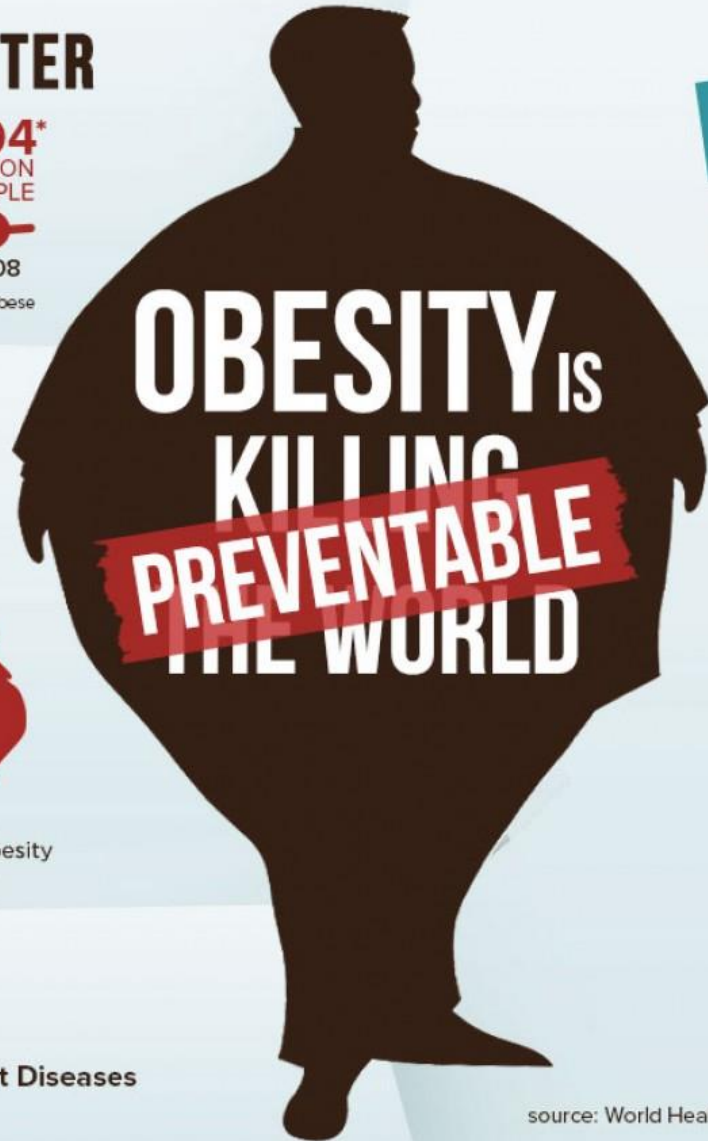
Calculate your body mass index (BMI) using this formula

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m}^2\text{)}}$$


## OBESITY KILLS!

7 common diseases due to obesity:

- Arthritis
- Cancer
- Infertility
- Heart Diseases
- Back Pain
- Diabetes
- Stroke



# A B C TO OBESITY PREVENTION

## SIMPLE RULES TO STAY IN SHAPE

### A dopt New Healthy Habits



### B alance Your Calorie Intake

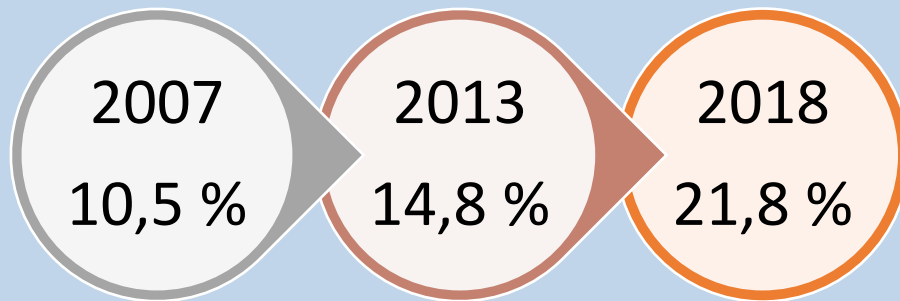


### C ontrol Your Weight Gain



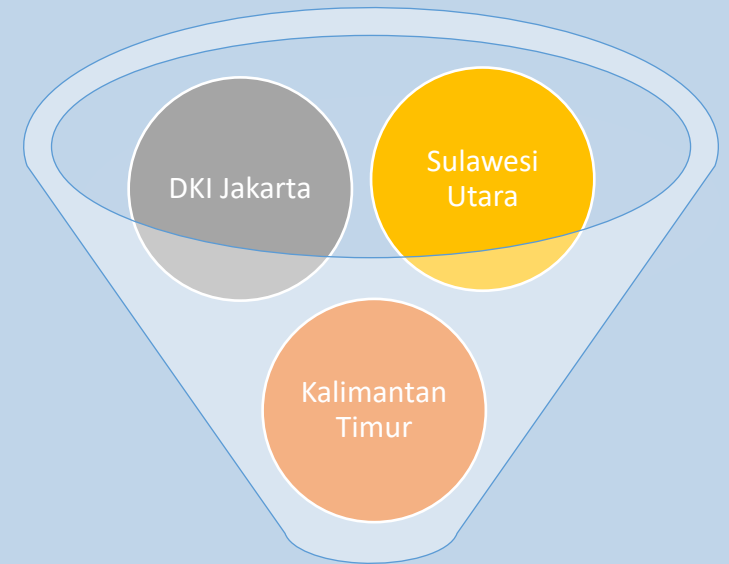
# FAKTA OBESITAS DAN HIPERTENSI DI INDONESIA

**Prevelensi obesitas pada orang dewasa  
diatas 18 tahun terus meningkat.**



Data Riskedas 2018, 34.1% masyarakat dewasa di atas 18 tahun terkena hipertensi.

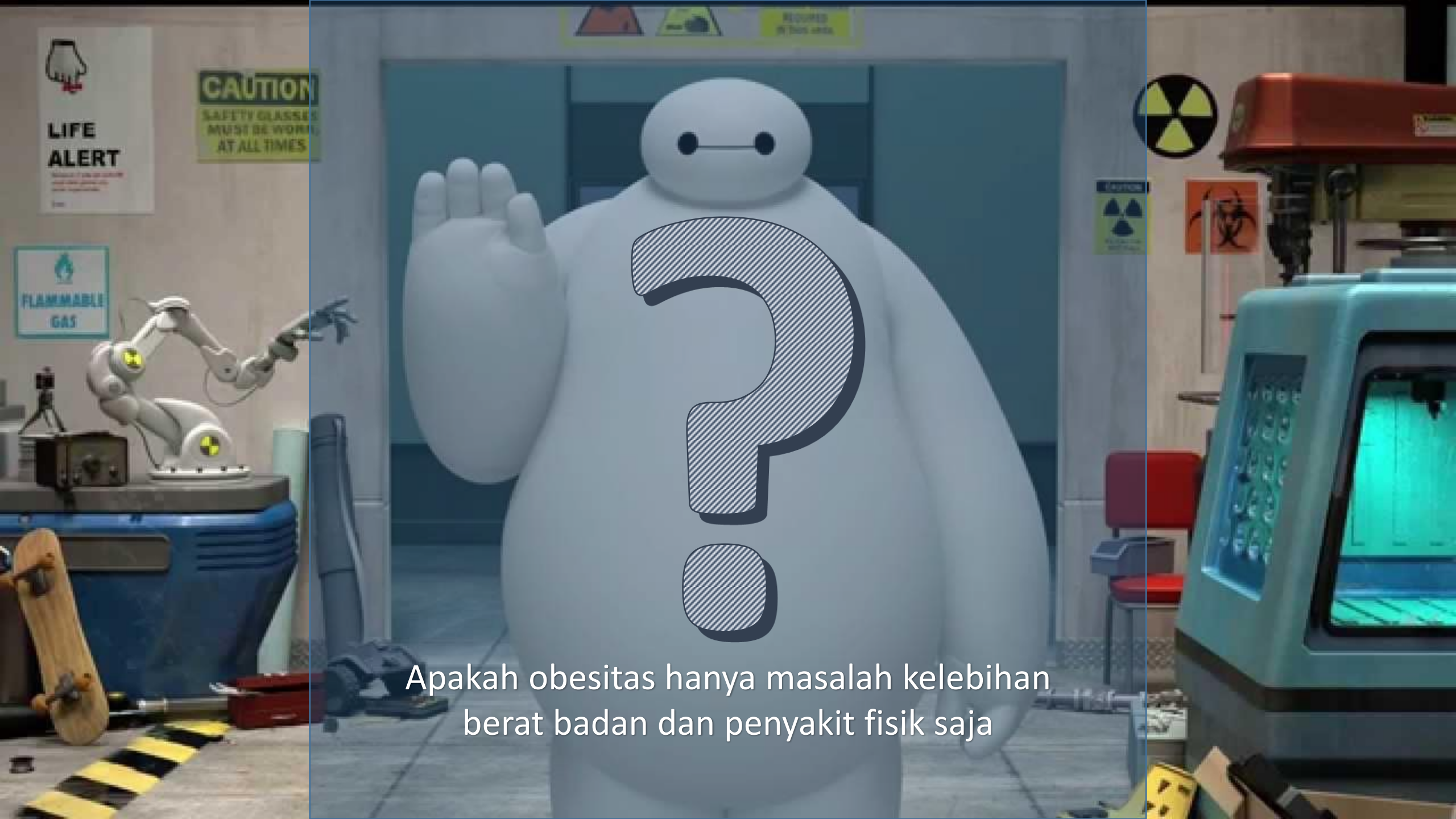
Penderita Hipertensi pada generasi millennial rentang usia 18-24 tahun 14% dan usia 25-34 tahun 20.1%.



**Provinsi dengan penduduk  
paling banyak mengalami  
obesitas**

Sources

[lifestyle.bisnis.com](http://lifestyle.bisnis.com) | [idntimes.com](http://idntimes.com)



Apakah obesitas hanya masalah kelebihan berat badan dan penyakit fisik saja

TIDAK



Obesity cause Eating Disorder & Mental Illness



Obesity



Eating  
disorder



Mental  
illness

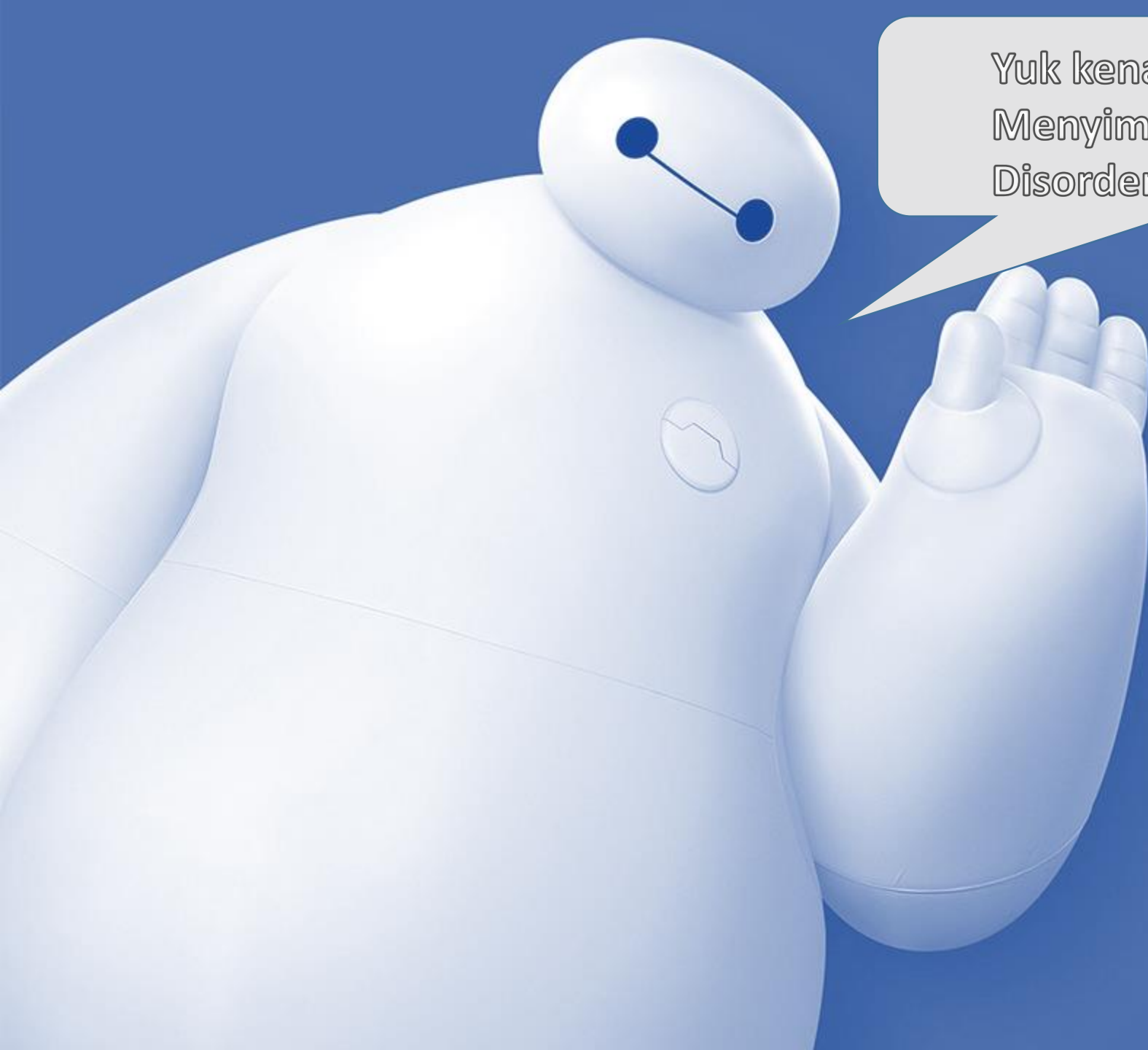


# Mental Health & Eating Disorders

**Eating Disorders** are serious emotional and physical problems that can have life-threatening consequences for females and males.

Are you okay?



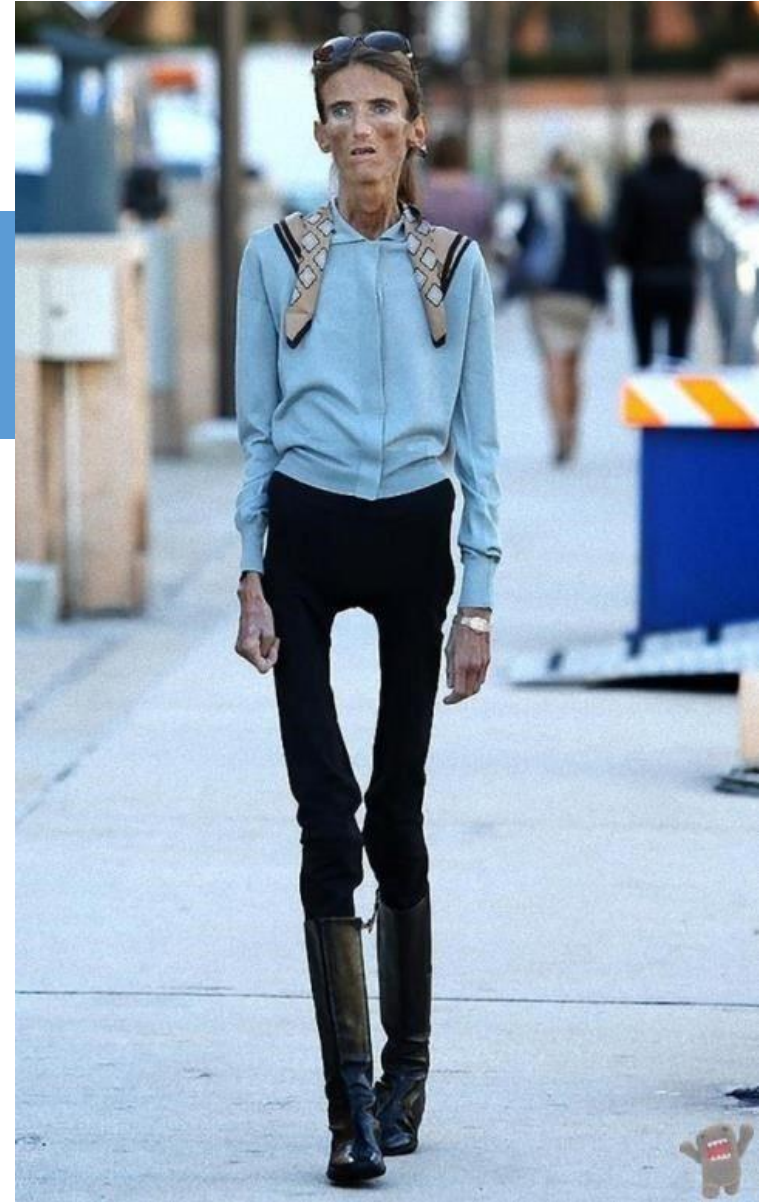


Yuk kenali Perilaku Makan  
Menyimpang atau Eating  
Disorder

Eating Disorder  
merupakan sebuah pola  
makan yang abnormal,  
kaitannya dengan  
ketidakpuasan terhadap  
bentuk tubuh atau  
tekanan dalam diri  
seseorang yang sehat.

# Anoreksia

**An eating disorder causing people to obsess about weight and what they eat.**





+



=



## Bulimia Nervosa

A serious eating disorder marked by bingeing, followed by methods to avoid weight gain.

South Korea 12:35:11 AM

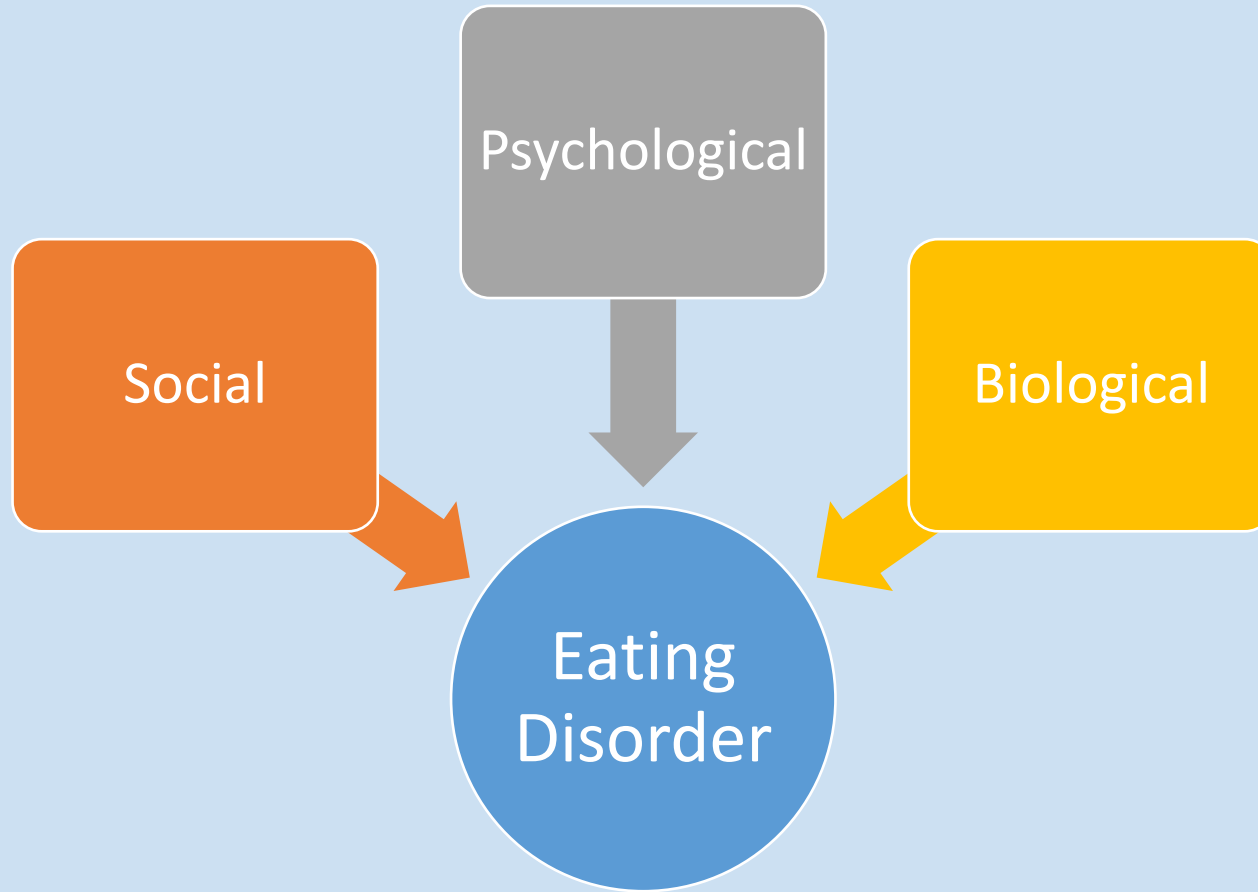


'BBQ치킨'  
-황금올리브 양념반반  
-허니갈릭스  
-치즐링  
-순살크래커  
-자메이카통닭

## Binge Eating

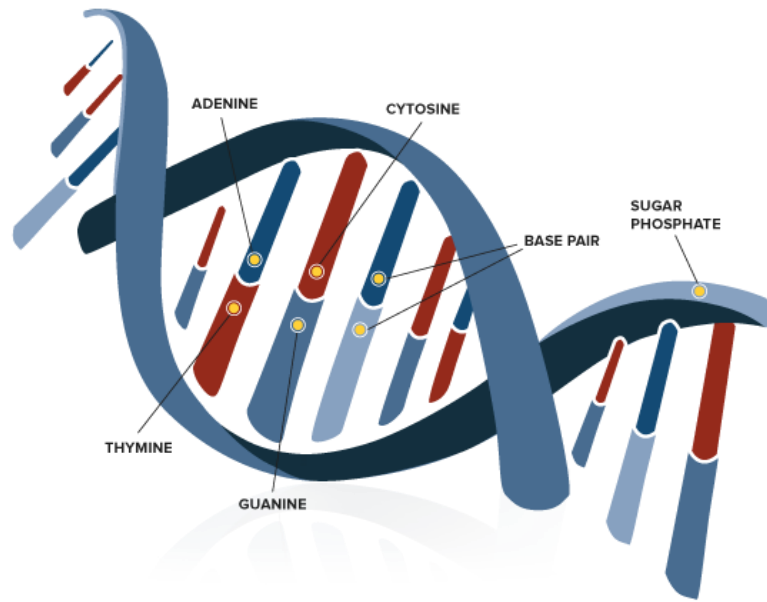
**Binge Eating Disorder (BED) is a severe, life-threatening, and treatable eating disorder characterized by recurrent episodes of eating large quantities of food (often very quickly and to the point of discomfort)**

# FACTORS





# Biological Factors



Genetics (the tie between eating disorders and one's genes is still being heavily researched, but we know that genetics is a part of the story).



Irregular hormone functions



Nutritional deficiencies

**“You are what you eat”**

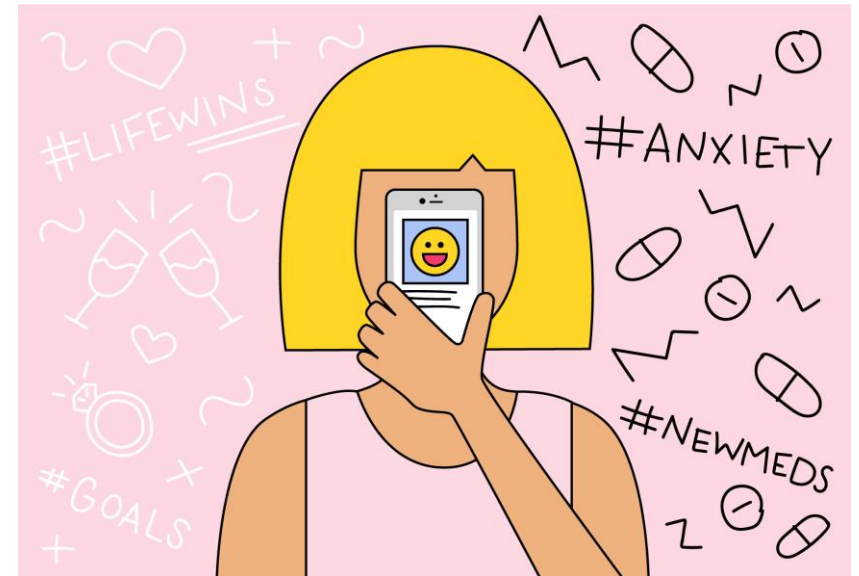
# Psychological Factors



**Depression**



**Low Self-Esteem**



**Anxiety**

# Social Factors



Professions and careers that promote being thin and weight loss, such as model, influencer, beauty vlogger, etc



**Social Media**



**Technology**

# MOVE ON FROM OBESITY



# TREATMENT

Self-Awareness



Consultation  
with Doctor

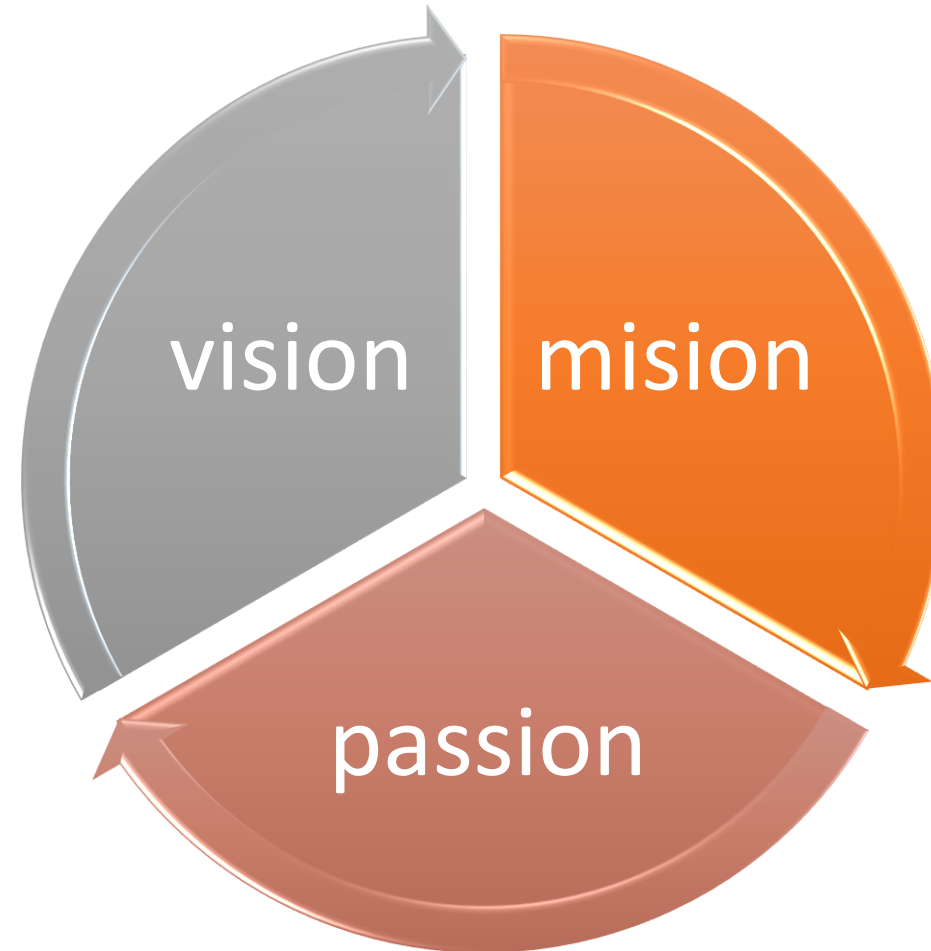
Healthy Life

Self-Love

Self-Confidence




# How about your Personal Reason?



# Bangun Support System yang Positif



COMMUNICATION

IS  KEY



# PERSEPSI DIRI

I'm ok  
You're not ok

I'm not ok  
You're not ok

I'm not ok  
You're ok

I'm ok  
You're ok

# PREVENTION



HEALTHY  
MINDS

HEALTHY  
BODIES

HEALTHY LIFE IS KEY



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