



## Obesity: What is making the world fat? And what can we do?

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### KEY FINDINGS

†Other models of obesity beyond 'energy in versus energy out' are needed

## Insights from low- and middle-income countries

In low- and middle-income countries, problems of obesity and malnutrition co-existing (eg in Egypt, where stunted children live with obese mothers) obesity can thus be viewed as a problem of the social relations in society. These change as countries develop and affect obesity differently: wealthier people have a higher rate of obesity in less economically developed countries and a lower rate of obesity in more economically developed countries.

Research in middle income countries (such as Egypt, Peru, Colombia, and Jordan) has shown education can help to protect women against obesity. One study in Egypt showed that, while wealth is correlated with obesity in women, wealthier women with high levels of formal education are less likely to be obese. Whilst this correlation does not necessarily imply causation, public health systems in middle income countries are not sufficiently developed to deal with the influx of high calorie food and aggressive