



Summary

Obesity is recognized as a major health problem amongst children, younger adults and middle-aged adults in the developed world and increasingly in rapidly industrializing countries. By controlling the size of food portions, and finding motivation to be active through a friend or personal trainer, weight-loss interventions can work for people who are morbidly obese. Over time, having too much glucose in blood can cause health problems. Although diabetes has no cure, we can take steps to manage our diabetes and stay healthy.