

## Gender and Adiposity (21.3.2017)

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Adiposity is a major burden of disease with constantly rising prevalence rates. Socio-economic status and education are two of several influencing factors which affect prevalence in a gender-specific manner. Differences in perception of obesity and self-esteem in overweight and obese men and women are described, as well as differences in fat distribution and other biological factors.

The impact of adiposity on diabetes, cardiovascular diseases, cancer and sexual function and the differences of men and women within their perception of and dealing with the disease necessitate gender-specific weight loss programs. Adiposity research must take gender into account as otherwise it can be costly or even lethal.