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Subject: Re: Physical activity among adolescents and women

Posted by [dnyeha](#) on Fri, 15 Mar 2019 11:17:20 GMT

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Obesity is increasing in both developing and developed nations. As nutritionist we understand multiple effects caused by obesity including but not limited to various non communicable diseases. In Tanzania for example overweight and obesity in women has increased by 10 percentage point between 2005 and 2015 which is highly attributed by poor feeding practices and inactivity. I endorse the indicators because they are important, not only to inform us of the current practices but also to help us in setting appropriate interventions.

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