

Published based on [The Risks of Morbid Obesity](#)

The Risks of Morbid Obesity

Morbid obesity is when a person weighs more than 50% more than their ideal [weight](#). Also if you weight 100 lbs in excess of your ideal weight you are morbidly obese. Anyone with a BMI value higher than 30 is considered obese 40 is morbidly obese. Morbid obesity is extremely dangerous to your health. Approximately 9 million American individuals are morbidly obese.

What Causes Morbid Obesity:

Heredity, people can be predisposed to obesity. It is difficult to determine the degree to which heredity plays a role. This is because it is difficult to separate heredity from habits. If you grow up in a family where the members are obese you would be learning their eating habits. Eating habits and fitness have a large roll to play in obesity.

Your environment also plays a role. If you do work that requires you to sit all day and make it easy to snack on junk food you will gain weight.

Psychological issues factor in as well. Despair, apprehension, anxiety, lonliness etc can cause a person to overeat.

Health concerns:

Morbid obesity is the second leading killer of American citizens. It is linked to 30 other illnesses ie diabetes, heart disease, joint problems (due to baring more weight).

Coronary artery disease can cause heart attacks and strokes. This can lead to high blood pressure. Internal organs get loaded with fat deposits. Osteoarthritis and gout are also related to obesity. It is also a leading cause of [diabetes](#).

Obesity is also related to respiratory troubles such as sleep apnea.

Check out how to [lose weight with Hoodia](#) and [cellulite treatments](#) these will show you how to improve your health, weight loss and also beauty.

See this blog in order to learn about effective [weight loss](#)!

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