



ANALYSIS OF FAMILY NURSING CARE WITH FOOD DIARY INTERVENTIONS ON WEIGHT LOSS IN ADOLESCENTS IN RW 06 GROGOL VILLAGE LIMO DEPOK

Nourmayansa Vidya Anggraini , Ni Made Anggun Millenia

Universitas Pembangunan Nasional Veteran Jakarta, Depok, Indonesia

ARTICLE HISTORY

Received: 2 June 2024
Accepted: 11 July 2024

CONTACT

Nourmayansa Vidya Anggraini
nourmayansa@upnvj.ac.id
Universitas Pembangunan
Nasional Veteran Jakarta,
Depok, Jawa Barat, Indonesia

ABSTRACT

Introduction: Obesity is the accumulation of excessive fat that can lead to health risks. In adolescence, obesity is at high risk and the incidence of obesity in adolescents is an indicator of a health problem and an increased risk of non-communicable diseases that occur in society. The purpose of this paper is to analyze nursing care with food diary interventions for weight loss in adolescents, where interventions are carried out by adolescents for 30 days by recording the types of food, drinks, and snacks consumed every day and monitoring weight every week.

Method: The implementation method of the intervention in the form of using a food diary for adolescents was carried out first by distributing media in the form of a diary to adolescents, then introducing the media and explaining the contents and also how to use the food diary.

Results: The results showed a significant effect on weight loss in obese adolescents by providing interventions in the form of a food diary, where there was a decrease in body weight in managed and resume patients by 1.4 kg and 1.1 kg.

Conclusion: Parenting in accordance with the development of adolescence must also be considered for parents in an effort to overcome the risk of obesity.

Keywords: Adolescents, Food Diary, Obesity

Cite as:

Anggraini, N. V., & Millenia, N. M. A. (2024). Analysis Of Family Nursing Care With Food Diary Interventions On Weight Loss In Adolescents In Rw 06 Grogol Village Limo Depok *Indonesian J. of Community Health Nurs.*, 9(2), 73-78. [Doi: 10.20473/ijchn.v8i2.50089](https://doi.org/10.20473/ijchn.v8i2.50089)

INTRODUCTION

One of the health problems currently being experienced by the whole world, including Indonesia, is obesity and overweight in adolescents and children. This is marked by an increase in prevalence and the high consequences it has on adolescent health (Banjarnahor et al., 2021). It is known to be a major risk factor for various chronic diseases including cancer, diabetes mellitus, and heart disease.

Obesity is the accumulation of excessive fat that can lead to health risks, while overweight is defined as a condition where an adolescent's weight is more than their ideal body weight (WHO, 2022). Obesity and overweight have also been considered a problem that occurs only in countries with high income, but this problem is also starting to increase in

developing and urban countries such as Indonesia (Handayani and Sugiati, 2018).

According to WHO (2020), at least 340 million children and adolescents in the world aged around 5-19 years experience health problems in the form of obesity. Based on a national report in 2018, it was found that the prevalence of nutritional status of adolescents aged 13-15 years in Indonesia who experienced problems was 11.2% and obesity was 4.8%. This is also similar to the results obtained in the nutritional status of adolescents aged 16-18 years, which has a prevalence of 9.5% in the obese category and 4.0% of adolescents in the obese category.

In adolescence, obesity has a high risk of occurring and the incidence of obesity in adolescents is an indicator of a health problem and an increased risk of non-communicable diseases that occur in

society. According to the Global Burden of Disease (2017), the problem of obesity and overweight has developed into an epidemic and it is known that each year more than 4 million people die from obesity and overweight.

According to the Global School-Based Student Health Survey (2015), adolescents tend to have a sedentary lifestyle, which refers to a lifestyle with little activity and few calories expended, increasing the risk of overweight and obesity and resulting in various diseases and decreased productivity and life expectancy (Ministry of Health of the Republic of Indonesia, 2019a).

Obesity and overweight in adolescents can cause various negative impacts on a person both in physical and psychological aspects. According to Sanyaolu et al (2019), obesity is associated with comorbidities such as hypertension, hyperlipidemia, diabetes mellitus, sleep apnea, and serious depression. Obesity can also lead to decreased self-confidence and serious psychological disorders (Dewi, Sugiyanto and Widiastuti, 2021).

Kemenkes Republik Indonesia (2019) explained that obesity in adolescents can be avoided by regulating the pattern and amount of food and drinks consumed, increasing fruit and vegetable consumption, increasing regular physical activity, reducing stress, and sleeping regularly and sufficiently. Dietary regulation in obese adolescents regularly and focusing on diet makes it one of the factors to lose weight (Botchlett et al., 2019).

Dietary regulation can positively affect obesity experienced by adolescents (Putri and Makmun, 2021). Dietary regulation and diet-related education can be provided to adolescents using informative and interesting media for adolescents such as diaries or diaries.

The importance of using food diary in obese adolescents lies in its ability to increase adolescents' awareness of the food consumed daily. By recording in detail the food eaten, adolescents can evaluate their overall diet, including the amount of calories and nutrients consumed. This helps adolescents to recognize unhealthy eating habits and improve their diet (Hartmann-Boyce et al., 2014).

By keeping a detailed food diary, adolescents can also identify unhealthy eating habits, such as consumption of foods high in fat, sugar, or processed foods. Food diaries help adolescents to improve their diet, make healthier food choices, and control their portion sizes. The use of food diaries is also considered to be able to assist adolescents in achieving healthy weight loss goals (Burrows et al., 2017).

After conducting a preliminary study in the RW 06 Grogol Village area, Limo, Depok by measuring the weight of adolescents, the results showed that 2 out

of 5 adolescents were overweight and obese. Based on the explanation above, the authors are interested in carrying out an analysis related to the effect of food diary on weight loss in adolescents who are obese with the title "Analysis of Family Nursing Care with Food Diary Interventions on Weight Loss in Adolescents at RW 06 Grogol Village, Limo District, Depok City".

METHOD

This study was conducted on two adolescents who were obese and overweight in RW 06 Grogol Village, Limo, Depok. The implementation method of the intervention in the form of using a food diary for adolescents was carried out first by distributing media in the form of a diary to adolescents, then introducing the media and explaining the contents and also how to use the food diary. In the activity of filling out this diary, adolescents do the recall method of food and beverage consumption and activities that have been carried out every day.

To make it easier for adolescents to understand and fill out the diary, the author tries to overcome this by providing examples in filling out the diary. The diary filling is carried out for 30 days and weight monitoring is carried out every week.

RESULTS

After the intervention was carried out in the form of using a food diary for 30 days, the results were obtained in the form of weight loss in managed adolescents and resumes. The body weight of the managed patient before the intervention was 68 kg and after the intervention became 66.6 kg, so it can be concluded that weight loss in managed patient was 1.4 kg through the food diary intervention used for four weeks. While resume patient's weight before the intervention was 58.6 kg and after the intervention her weight became 57.5 kg, which indicates that there was a weight loss of 1.1 kg after the intervention that had been given.

Table 1. Weight Distribution of Adolescents after Food Diary Intervention

		An. N (Managed Patient)			
Week		1	2	3	4
Body weight before intervention		68 kg			
Body weight after intervention		67,6 kg	67,4 kg	66,9 kg	66,6 kg
Total Weight Loss		1,4 kg			

An. S (Resume Patient)					
Week		1	2	3	4
Body weight before intervention		58,6 kg			
Body weight after intervention		58,3 kg	58,1 kg	57,8 kg	57,5 kg
Total Weight Loss			1,1 kg		

Source: Researcher Data (2023)

The table above shows data in the form of weight distribution of managed patients and resumes after the food diary intervention. After the intervention, it was found that the managed patient, An. N and resume patient An. S experienced a significant weight loss.

DISCUSSION

From the results obtained, it is known that the use of food diaries can reduce weight in obese adolescents. The weight loss that occurred in managed and resume patients was 1.4 kg and 1.1 kg.

Based on the results of the intervention in the form of total weight loss, a difference of 0.3 kg was obtained between managed and resume patients. The difference in weight loss can be influenced by several factors including compliance in recording food, consistency in following the program, and social support for adolescents to carry out interventions (Anwar, 2019; Parikesit, Anggraeni and Wardhani, 2020).

Adolescents' compliance in recording food in a diary will also provide more effectiveness in losing weight. In addition, consistency in following the diary intervention program is also something that affects the intervention carried out, where consistency in following the diary intervention program can be improved by the support provided by family and peers, besides that social support can also increase adolescents' motivation to lose weight (Taufiqurrahman, Tazkia and Sari, 2020).

Different diets in the two patients also affect differences in weight loss in adolescents. Where it is known that resume patients who experience a weight loss of 1.1 kg, have a diet that often consumes sweet snacks and fast food compared to managed patients. This is supported by research by Chung, Kim and Kim, J., & Kim (2019) which shows that obese adolescents who eat healthier foods and reduce fast food and soft drinks experience significant weight loss. In addition, obese adolescents who eat more fruits and vegetables tend to have better weight loss (Wang et al., 2019).

Based on the results of the study, it was also found that before the intervention using a food diary, adolescents had a habit of snacking on snacks and sweet drinks. But after the intervention was carried out, adolescents began to pay attention to the consumption of food they consumed by reducing eating snacks, increasing consumption of vegetables and fruit. This is similar to Dewi, Sugiyanto and Widiastuti's research (2021) which states that before being given a diary intervention, adolescents consume more snacks and fast food. After being given the intervention, adolescents began to change their consumption patterns because adolescents began to be motivated to make changes to consumption behavior and poor eating patterns, and reduce consumption of snacks (Dewi, Sugiyanto and Widiastuti, 2021).

Ahn, Choi and Yeom (2020) explained that the use of a daily diary significantly increases the success of weight loss in adolescents who are overweight or obese. Watanabe-Ito, Kishi and Shimizu (2020) mentioned that the use of diet diaries is considered capable of motivating adolescents in increasing self-awareness related to adolescent eating patterns. In addition, according to Wang et al. (2020) also showed that there were improvements in eating patterns and physical activity habits and helped obese adolescents lose weight. Abdelbasset et al. (2019) also argued that with the use of food diaries, adolescents experienced weight loss and food patterns and physical activity experienced positive changes.

The use of diaries by recording all food and drink consumed each day is considered effective for positive changes in eating patterns and physical activity habits so that it affects the weight loss of obese adolescents (Martin et al., 2021). Other studies that have modified online diaries and nutrition coaching programs for obese adolescents have also shown similar results in the form of weight loss and improved consumption patterns (Sproesser et al., 2018).

The food diary intervention provided for four weeks also showed that adolescents could fill in the diary regularly based on the diet they had consumed. This happens because food diaries are considered to help individuals pay attention to their daily calorie and nutrient intake, and monitor their eating patterns to identify unhealthy eating habits (Hsu and Liao, 2021). Another study conducted by Dewi et al (2021) also showed that there was a significant effect of providing counseling with diaries with eating habits, weight, and energy consumed by adolescents. Wang et al. (2020) also evaluated the effect of using a food diary and found that there was a decrease in body

weight, improvements in eating patterns, and physical activity habits.

CONCLUSION

Based on family nursing care with food diary interventions on weight loss in adolescents, where interventions are carried out by adolescents for 30 days by recording the types of food, drinks, and snacks consumed every day and monitoring body weight every week. The results were found in the form of a significant effect on weight loss in obese adolescents by providing interventions in the form of a food diary, where there was a weight loss in managed patients and resumes of 1.4 kg and 1.1 kg.

REFERENCES

- Abdelbasset, W. K. et al. (2019) 'Effect of traditional food diary versus smartphone application on body composition and physical activity in obese adolescents', *Journal of Physical Therapy Science*.
- Ahn, Y., Choi, E. K. and Yeom, H. A. (2020) 'The effect of a daily diary on weight management for overweight and obese adolescents: A randomized controlled trial', *Journal of Pediatric Nursing*.
- Ali, M. and Asrori, M. (2016) *Psychology of Adolescent Learner Development*. Jakarta: PT Bumi Aksara.
- Anwar, R. (2019) 'The Effect of Diary Intervention on Weight Loss in Obese Adolescents', *Indonesian Journal of Nursing*.
- Asma and Amir, S. (2021) 'Effectiveness of Dietary Management in Obese Women on Weight Loss', *Pencerah Health Scientific Journal*, 10(2), pp. 116-122. doi: 10.12345/JIKP.V10I2.271.
- Bakri, M. H. (2017) *Family Nursing Care*. Yogyakarta: Publisher of Pustaka Baru Press.
- Banjarnahor, R. O. et al. (2021) 'Risk factors for overweight and obesity in children and adolescents: A literature review Risk factors of overweight and obesity in childhood and adolescence : A literature review', *TROPHICO: Tropical Public Health Journal*, pp. 35-45.
- Burrows, T. L. et al. (2017) 'A Systematic Review of Technology-Based Dietary Intake Assessment Validation Studies That Include Carotenoid Biomarkers', *Nutrients*.
- Centers for Disease Control and Prevention (no date) *Obesity | Healthy Schools | CDC*. Available at: <https://www.cdc.gov/healthyschools/obesity/index.htm> (Accessed: March 13, 2023).
- Chung, S. J., Kim, H. R. and Kim, J., & Kim, J. (2019) 'Effects of dietary fat and cholesterol on plasma lipids and glucose in overweight or obese adults.', *Clinical Nutrition Research*.
- Darmadi, D. and Kusumastuti, K. (2019) *Community Nursing: Theory and Practice in Nursing*. EGC Medical Book Publisher.
- Dewi, S. L., Sugiyanto, S. and Widiastuti, E. N. (2021) 'DOREMI Diary Intervention for Obese Adolescents at SMAN 4 Palangka Raya', *JOURNAL NUTRISIA*, 23(2), pp. 94-100. doi: 10.29238/JNUTRI.V23I2.218.
- Disease, G. B. of (2017) 'Global Burden of Disease Study 2017'. Available at: [file:///C:/Users/Harrison/AppData/Local/Mendeley Desktop/Downloaded/Unknown - 2017 - Global Burden of Disease Study 2017.pdf](file:///C:/Users/Harrison/AppData/Local/Mendeley%20Desktop/Downloaded/Unknown%20-2017-Global%20Burden%20of%20Disease%20Study%202017.pdf).
- Fadilah, A. and Fatmasari, D. (2018) 'Effect of Nutrition Education on Obese Adolescents' Knowledge and Attitudes about Healthy Eating and Physical Activity in Surabaya', *Journal of Nutrition College*.
- Global School-Based Student Health Survey (2015) *Indonesia - Global School-Based Student Health Survey 2015*. Available at: <https://extranet.who.int/ncdsmicrodata/index.php/catalog/489> (Accessed: February 5, 2023).
- Handayani, D. R. and Sugiati (2018) 'Determinants of Obesity among Senior High School Students in South Tangerang Indonesia', *Journal of Medicine and Health*, 14(1), pp. 1-10.
- Hartmann-Boyce, J. et al. (2014) 'Behavioural weight management programs for adults assessed by trials conducted in everyday contexts: systematic review and meta-analysis', *Obesity reviews*.
- Hsu, W. C. and Liao, Y. T. (2021) 'Effects of diary intervention on weight control and self-efficacy in obese adolescent girls', *Applied Nursing Research*.
- Ministry of Health of the Republic of Indonesia (2019a) *Understanding Sedentary Lifestyle, Dangers, and How to Overcome It*. Available at: <https://www.djkn.kemkes.go.id/kpknl-bandung/baca-artikel/15160/Mengenal-Sedentary-Lifestyle-Bahaya-dan-Cara-Mengatasinya.html> (Accessed: February 5, 2023).
- Ministry of Health of the Republic of Indonesia (2019b) *Indonesia Health Profile 2019*, Ministry of Health of the Republic of Indonesia. Available at: <https://pusdatin.kemkes.go.id/resources/download/pusdatin/profil-kesehatan-indonesia/Profil-Kesehatan-indonesia-2019.pdf> (Accessed: January 18, 2022).
- Ministry of Health of the Republic of Indonesia (2017) *General Guidelines for Gentas (Movement to eradicate obesity) - Directorate of P2PTM*. Available at: <http://p2ptm.kemkes.go.id/dokumen->

- ptm/pedoman-umum-gentas-gerakan-berantas-obesitas%0Ahttp://www.p2ptm.kemkes.go.id/dokumen-ptm/pedoman-umum-gentas-gerakan-berantas-obesitas (Accessed: March 13, 2023).
- Kurnianingsih, M., Dewi, Y. L. R. and Pamungkasari, E. P. (2019) 'Risk factors of hypertension in high school students: Multilevel evidence of the contextual effect of school', *Journal of Epidemiology and Public Health*. Available at: <http://www.jepublichealth.com/index.php?journal=jepublichealth&page=article&op=view&path%5B%5D=180>.
- Martin, C. K. et al. (2021) 'Effect of a digital food journal on weight loss and adherence: a randomized controlled trial', *Obesity*.
- Nadirawati (2018) *Textbook of family nursing care: theory and practical application*. Bandung: PT Refika Aditama.
- National Diabetes Statistics (2018) *Health Risks of Overweight & Obesity*, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Available at: <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/health-risks> (Accessed: March 13, 2023).
- Nugraheni, A. M. and Pradono, J. (2019) 'Relationship between Exercise and Obesity in Adolescents at SMP Negeri 6 Yogyakarta', *Journal of Public Health*.
- Parikesit, S., Anggraeni, R. and Wardhani, R. S. (2020) 'Effectiveness of Diary Program on Body Mass Index Reduction of Obese Adolescent Girls at SMA Negeri 1 Jaten', *Scientific Journal of Health*.
- Putri, A. B. and Makmun, A. (2021) 'Diet towards Obesity', *Indonesian Journal of Health*, pp. 68-76. doi: 10.33368/INAJOH.V211.39.
- Risikedas (2018) *Basic Health Research Results Report (Risikedas) | Agency for Health Research and Development, Ministry of Health RI*. Available at: <https://www.litbang.kemkes.go.id/laporan-riset-kesehatan-dasar-risikedas/> (Accessed: January 29, 2022).
- Sally, B., Kuntjara, A. P. and Sutanto, R. P. (2020) 'Designing a Mobile App Food Diary for Binge Eating Disorder Patients aged 15-25 Years', *Adiwarna DKV Journal*, 1(16), p. 10. Available at: <https://publication.petra.ac.id/index.php/dkv/article/view/10210> (Accessed: September 5, 2022).
- Sanyaolu, A. et al. (2019) 'Childhood and Adolescent Obesity in the United States: A Public Health Concern', *Global Pediatric Health*, 6. doi: 10.1177/2333794X19891305/ASSET/IMAGES/LARGE/10.1177_2333794X19891305-FIG2.JPEG.
- Sari, F. and Syam, A. F. (2019) 'Effect of Nutrition Education and Exercise on Body Mass Index Reduction in Obese Adolescents in Jakarta', *The Indonesian Journal of Nutrition*.
- Sekar Ayu, D. et al. (2016) 'DIARY TERATAS (THERAPY OF OBESITY CHILDREN) IN CHANGING THE NUTRITION BEHAVIOR OF BASIC SCHOOL STUDENTS', *Unnes Journal of Public Health*, 5(2), pp. 167-175. doi: 10.15294/UJPH.V5I2.10125.
- Soetjningsih, S. H., Setyawan, R. and Anggraeni, A. (2018) 'Factors Associated with Obesity in Adolescents in Bandung City', *Indonesian Journal of Clinical Nutrition*.
- Sproesser, G. et al. (2018) 'Food tracking and planning as predictors of weight loss: results from the German cohort of the NewBody study', *Obesity facts*.
- Suyatna, F. D. and Sitorus, R. (2018) 'Relationship between body mass index (BMI) and obesity among adolescents aged 13-15 years in Semarang City', *Journal of Nutrition College*.
- Taufiqurrahman, R., Tazkia, F. and Sari, Y. (2020) 'The Effectiveness of Daily Diary Intervention in Reducing Body Weight and Body Mass Index Among Adolescents: A Systematic Review', *Indian Journal of Public Health Research & Development*.
- Telisa, I., Hartati, Y. and Haripamilu, A. D. (2020) 'Risk Factors for Obesity in High School Adolescents', *Faletehan Health Journal*, 7(03), pp. 124-131. doi: 10.33746/fhj.v7i03.160.
- Vidya Anggraini, N. et al. (2022) 'The Use of Self-Monitoring through the Adolescent Obesity Monitoring Information System (Sifortasima) in the Prevention of Adolescent Obesity', *Journal of Creativity of Community Service (PKM)*, 5(11), pp. 4025-4033. doi: 10.33024/JKPM.V5I11.7640.
- Wang, D. et al. (2019) 'Effect of Dietary and Physical Activity Interventions on Weight-Related Outcomes of School-Aged Children and Adolescents: A Systematic Review and Meta-Analysis.', *Journal of the American Medical Association Network Open*.
- Wang, Y. et al. (2020) 'The effect of a digital food diary intervention on dietary intake and body composition in obese adolescents: A randomized controlled trial', *International Journal of Obesity*.
- Watanabe-Ito, M., Kishi, E. and Shimizu, Y. (2020) 'Promoting Healthy Eating Habits for College Students Through Creating Dietary Diaries via a Smartphone App and Social Media Interaction: Online Survey Study', *JMIR Mhealth Uhealth* 2020;8(3):e17613 <https://mhealth.jmir.org/2020/3/e17613>, 8(3),

- p. e17613. doi: 10.2196/17613.
- WHO (2020a) Obesity. Available at: https://www.who.int/health-topics/obesity#tab=tab_1 (Accessed: 30 January 2023).
- WHO (2020b) Obesity and overweight, World Health Organization. doi: 10.1016/j.med.2020.07.010.
- WHO (2022) WHO guideline: Integrated management of adolescents in all their diversity with obesity. Available at: <https://www.who.int/news-room/events/detail/2022/12/08/default-calendar/who-guideline-integrated-management-of-adolescent-in-all-their-diversity-with-obesity> (Accessed: January 30, 2023).
- Zakaria, A. (2017) Family Nursing Care: Theory and Concept Approach. Purwokerto: CV IRDH.
- effect of childrens ' eating behaviors and parental feeding style on childhood obesity. *Eating Behaviors*, 26, 137–142. <https://doi.org/10.1016/j.eatbeh.2017.03.004>
- Eker, H. H., Taşdemir, M., Mercan, S., Mucaz, M., Bektemur, G., Sahinoz, S., & Ozkaya, E. 2018. Obesity in adolescents and the risk factors. *Turkish Journal of Physical Medicine and Rehabilitation*, 64(1), 37–45. <https://doi.org/10.5606/tftrd.2018.1402>
- Ministry of Health RI. 2018. Report_National_RKD2018_FINAL.pdf. In Health Research and Development Agency (p. 198). http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf
- Livana, P., Susanti, Y., & Septianti, I. 2018. description of parenting patterns in school-age children with obesity. 6(1), 57–60.
- Mulyani, N. S., Arnisam, A., Fitri, S. H., & Ardiansyah, A. 2020. Factors Causing Obesity in Young Women at Aceh Besar. *Jurnal Riset Gizi*, 8(1), 44–47. <https://doi.org/10.31983/jrg.v8i1.5472>
- Nur, H., & Siswanti, D. N. (2021). Overview of Grandparenting Parenting (Case Study on Individual Victims of Parental Divorce in Makassar City). 1(2).
- Sari, I., Anggraini, K., Kurniati, V., & Nurcandra, F. (2019). Family Based Obesity Intervention. *Scientific Journal of Public Health*, 11(3), 254–261.
- Sholikah, N. L., & Nurhayati, F. (2020). The Correlation of Parenting Patterns with The Nutritional tatus of Students of SMK Negeri 6 Surabaya i Covid-19 Pandemic. Nur Luthfiatus Sholikah *, Faridha Nurhayati. Jasmani, S Pendidikan Olahraga, Fakultas Ilmu, 033, 205–210.
- Sinaga, S. dkk. (2017). Parenting Patterns in Giving Food to Children with Obesity (Parenting Parents In Providing Food To Children Who Have Obesity). 3(1), 44.
- Sugiatmi, & Handayani, D. R. (2018). Determinant of Obesity among Senior High School Student at South Tangerang Indonesia. *Medicine And Health*, 14(1), 1–10.
- Triana, K. Y. (2017). Obesity Management With Effective Parenting As A Preventative Effort Of Chronic Disease In Children. *World Journal of Health*, 5(1), 57–62.
- United Nations Children's Fund (UNICEF). (2019). Prevention of Overweight and Obesity in Children and Adolescents: UNICEF Programming Guidance. Nutrition Guidance Series.
- WHO. (2018). Obesity and overweight. <https://www.who.int/news-room/factsheets/detail/obesity-and-overweight>