Turks join heavyweight division

Turkey is the second most obese country in the world, according to the World Health Organization, behind only the United States. The increase in obesity rates in Turkey has been alarming, with the average BMI (Body Mass Index) of the population increasing by 21.3 percent over the past four years. "This is not just a problem in urban areas," said Dr. Emin Arslan, a leading obesity expert. "It affects every segment of society, from children to the elderly." He added that the increase in obesity rates is linked to a sedentary lifestyle and poor diet, with fast food and sweetened drinks being particularly prevalent.

The study, conducted by the Turkish Association of Hypertension and Kidney Disease, found that the average weight of the population has increased by 4.5 kilograms over the past four years. "This is a serious problem," said Dr. Arslan. "We need to take urgent action to address this issue before it becomes even more widespread." He emphasized the need for public health interventions, including increased access to healthy foods and more opportunities for physical activity.

The increase in obesity rates has also had serious health consequences. Turkey now has one of the highest rates of diabetes in the world, with 20 percent of the population suffering from the disease. In addition, obesity is a major risk factor for a range of other health problems, including heart disease, stroke, and some types of cancer.

"We need to act now," said Dr. Arslan. "Obesity is not just a health problem, it's a social problem. We need to work together to create a healthier society for all."