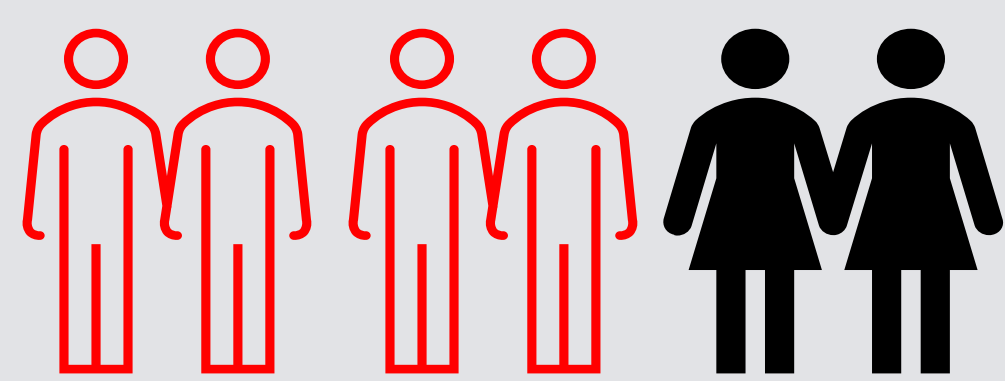
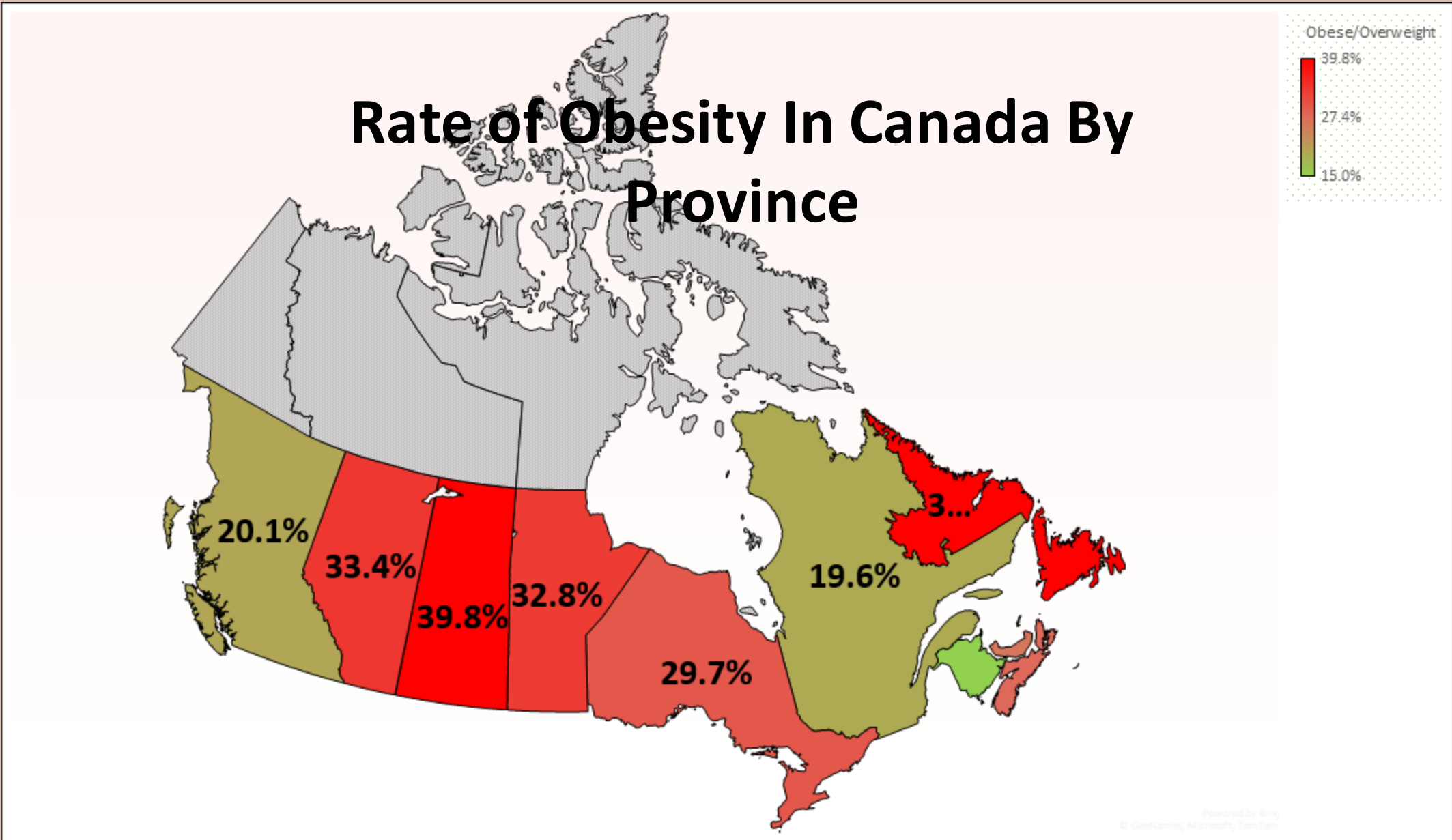


IMPACT OF OBESITY ON ADOLESCENT MENTAL HEALTH IN CANADA

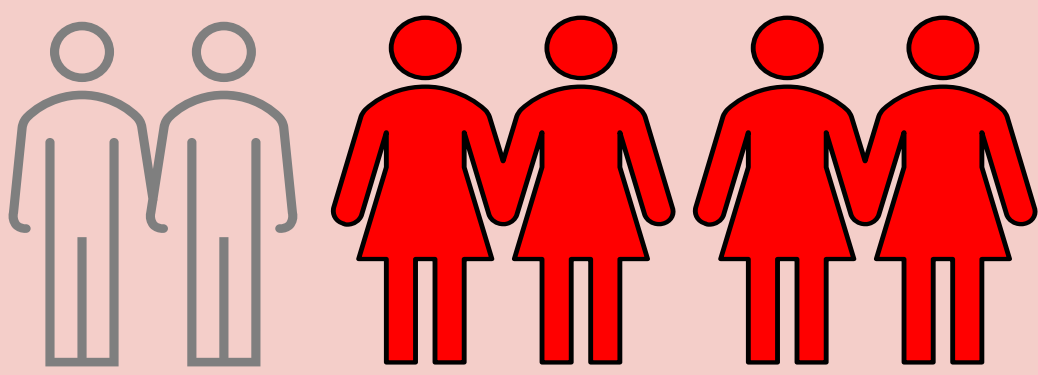
More than being overweight having a perception of being overweight plays a significant role in the development of anxiety and depressive symptoms among adolescents irrespective of Gender

About **25.4%** of Canadian Adolescents are suffering from severe obesity in Canada



The occurrence of obesity in Adolescent males **[29.5%]** was found to be significantly higher when compared to females **[21%]** every single year.

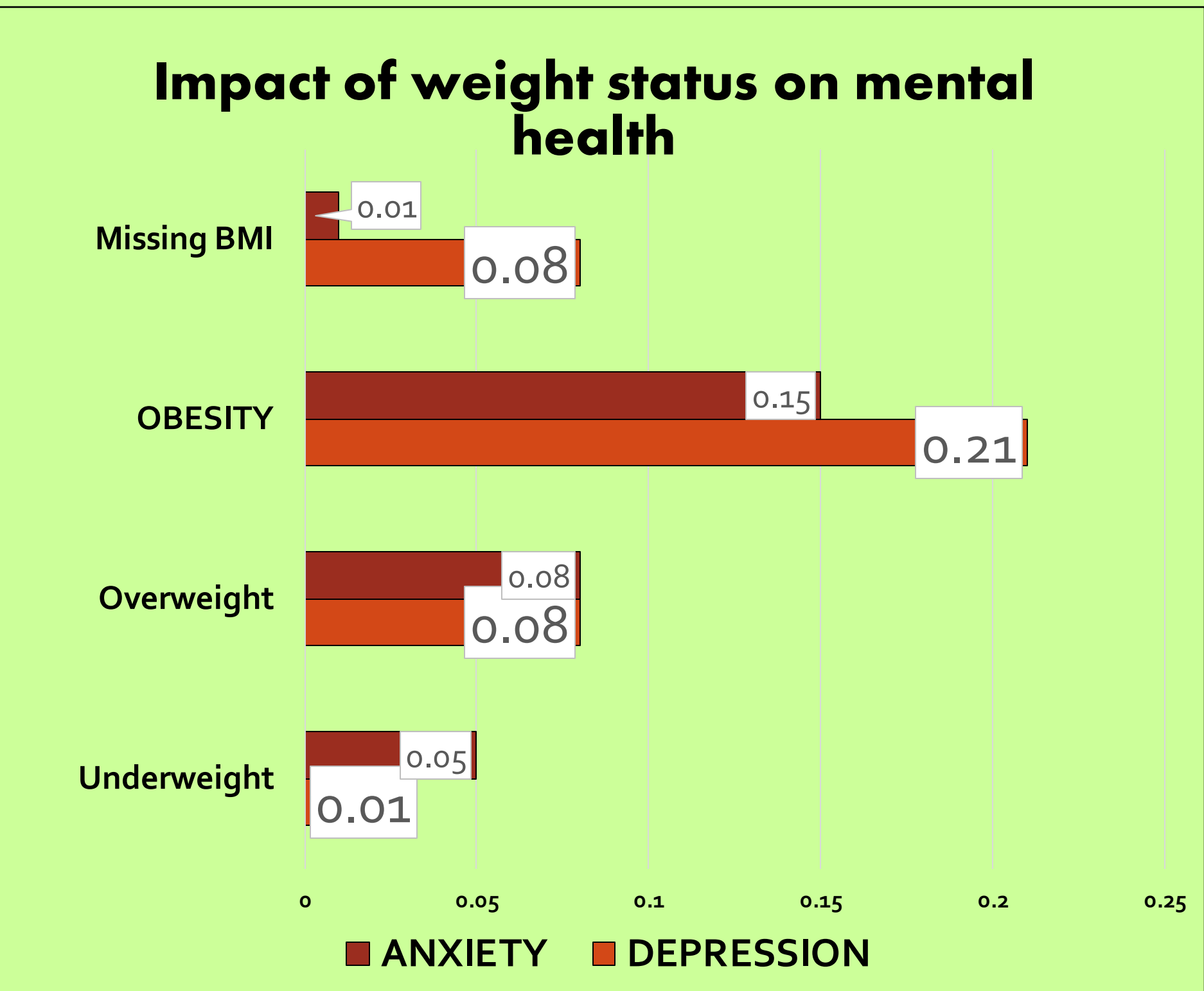
Girls who were overweight, or obese had a higher incidence of having depression and generalized anxiety symptoms when compared to their normal-weight counterparts.



Does Obesity really impact mental Health



Irrespective of the actual weight status, **perceptions** of being overweight or underweight led to greater depression and anxiety symptoms compared to adolescents who are overweight but have normal weight perception.



Normalizing being overweight, creating awareness to provide proper psychological assistance along with providing weight loss solutions can help to reduce mental health issues among adolescents in Canada.