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# The Effect of Obesity on Oral Health



## **What is obesity?**

It is a chronic disease characterized by the accumulation of excess fat in the body and has become a global health concern, as its prevalence continues to rise at an alarming rate.



## How is an obese patient diagnosed?

An obese patient is usually diagnosed using a **body mass index (BMI) formula** that compares an individual's weight with his height. A BMI of 30 or higher indicates obesity. However, BMI **alone does not take into account differences** in body composition or health risks associated with obesity. You can use the BMI calculator through the Ministry of Health website:

Scan the barcode for the link



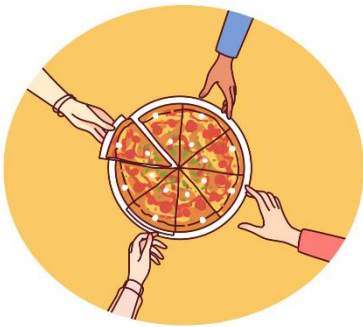
## What are the causes of obesity?



Sedentary lifestyle  
and lack of physical  
activity



Bad eating habits such as  
eating foods that contain fats  
and sugars



Social influences that increase  
access to unhealthy foods and  
decrease physical activity

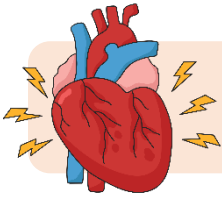
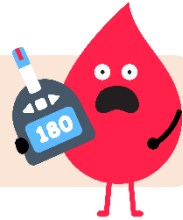


Genetics

## What are the health effects of obesity?

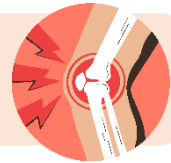
Obesity has serious health consequences, affecting multiple organs and increasing the risk of various diseases, including:

Type II diabetes



Cardiovascular diseases

Joint and bone problems



Mental health where obesity is linked to depression, and low self-confidence

## How do I protect my child from obesity?

- **Encourage** healthy eating habits and provide a balanced **diet**.
- **Motivate** your child to participate in physical activities that are appropriate for them daily, limit screen time and activities with little movement.
- Children learn by example, so **be a positive role model**.
- Keep healthy **foods** readily available at home, and make the home environment suitable for physical activity.
- Monitor **your child's** health and schedule regular checkups with your health care provider to monitor growth and development.

## How do I protect my child from obesity?

- **Remember** that every child is unique, and factors such as genetics, lifestyle and environment can play a role in obesity. If you have specific concerns about your child's weight or health, it's best to consult a healthcare professional for personal advice and support.

## What risks should I avoid?

- **Avoid** eating foods high in fat, sugars and carbohydrates and replace them with healthy low-fat foods.
- **Avoid** high-intensity exercises that may cause joint and bone injuries and replace them with appropriate exercises such as walking or swimming.



## What risks should I avoid?

- **Avoid stress** and practice stress relief techniques such as deep breathing and yoga.
- **Avoid staying up late** as it causes an imbalance in the balance of the body's hormones that may help increase the desire to eat unhealthy foods.
- **Avoid crash diets** that may backfire and replace them with more balanced diets with the advice of specialists.





## How do I protect myself from obesity?

- **Choose** nutrient-rich foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Avoid** consuming processed and sugary foods.
- Exercise regularly, with the goal of at least 150 minutes of moderate-intensity aerobic activity per week.
- **Behavior modification:** Develop healthy habits, such as mindful eating, portion control, and stress management techniques.
- **Medical interventions:** In cases of severe obesity, medical interventions such as weight loss medications or bariatric surgery may be considered under professional guidance.

Scan the barcode to

Calorie Guide



# What are the effects of obesity on oral health?

## 1. Periodontal disease:

Obese people may have a weakened immune response, making them more susceptible to infections, including gum disease.

## 2. Dry mouth:

Obesity is associated with an increased likelihood of dry mouth, leading to bad breath, tooth decay and gum disease .

## 3. Impact on oral care practices:

Obese people may have difficulty accessing all areas of the mouth that can hinder the effectiveness of brushing and flossing.



## How do I keep my mouth and teeth healthy?

- ✓ Brush your teeth **every morning and evening** with a soft toothbrush and fluoride toothpaste.
- ✓ Use dental floss or water thread to clean between teeth.
- ✓ Follow a healthy diet low in sugars.
- ✓ Visit your dentist every **six months**.
- ✓ Drink more water as it helps to get rid of the negative effects of foods and drinks.
- ✓ Clean your tongue frequently to avoid tartar buildup and an unpleasant odor.



# Comments:

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Sources and references:

Saudi Ministry of Health

Audit and Auditing:

The content of this booklet has been reviewed by the College of Dentistry  
at Imam Abdulrahman bin Faisal University.

**College of Dentistry**  
**Health Awareness Unit**  
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