Obesity Know the Causes

**GENETIC**
Parental obesity, maternal diabetes

**UNHEALTHY FOODS**
JUNCS*, trans fats and foods high in fat, salt and sugars

**ENVIRONMENT**
Lack of physical activity, increased screen time and academic stress

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Know about JUNCS* in the next poster

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OBESITY Runs in Families Where no one in the Family Runs

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Stay Active, Stay Healthy

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IAP CAUTIONS YOU FROM EATING JUNCS!!

SAY NO TO JUNCS!!

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# Avoid JUNCS to Avoid OBESITY

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