

# *Obesity Poses Risk to 43 Percent of Cubans*

---



Havana, March 12 (RHC) — Obesity shows an increasing tendency in Cuba, which is a risk for chronic and non-transmissible diseases, said an expert at the International Convention on Anthropology, underway in Havana.

Doctor Maria Elena Diaz, who presided over a forum on Nutritional Anthropology as part of the convention, said that the causes for growing obesity in Cuba include changes in style of life, such as fatty diets and lack of physical exercise.

Some 43 percent of the Cuban population shows overweight and obesity, which is a risk to suffer from diseases like Diabetes, high blood pressure and heart conditions.

The International Convention on Anthropology closes today at Havana's Conventions Palace.

---

<https://www.radiohc.cu/index.php/en/noticias/nacionales/49180-obesity-poses-risk-to-43-percent-of-cubans>



**Radio Habana Cuba**