



Programme: BSc (Hons) Health and Social Care Level 5

Module: Introduction to Physiology {BMHP5003}

Assignment Title: Obesity Presentation

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SPEAKER NOTE FOR POSTER PRESENTATION.

Definition:

In this my presentation, I will be talking about obesity which according to World Health Organization that say, “obesity and overweight can be define or classified as excessive or abnormal fat accumulation that presents a risk to health.” (BMI) body mass index of over 30 is considered obesity while above 25 is being seen as overweight, and this problem has escalated to epidemic proportions.

More also, the universal burden of disease highlighted that, more than 4 million people died every year as a result of being obesity or overweight, and it continue to increase in children and adult. From the year 1975 down to 2016, the prevalence of obesity or overweight adolescents and children aged between 5-19 old, has increase with more than 400% globally (WHO, 2021).

The words obesity or overweight has received a lot of attention from the healthcare practitioner’s, policymakers, the public, politicians and the media over the past few decades. Since 1991 that it has be formally recognized by the UK government that this disease is a threat to the health of the country, and for almost 30 years now, targeted response to handle and address this problem has been a policy priority for all these years (British Psychological Society, 2019).

Physiology:

When someone is obese or overweight there are a lot of physiology impact that can happen to the person, which may include anxiety and self-esteem, even some more serious disorder such as eating problem like binge eating, anorexia and bulimia and depression in some cases. The more reason why people who are considered overweight or obesity may experience all these is because, (Mills, 2020) our model culture embrace, toned and youthful slim bodies.

With rare exceptions, it may be easy for someone to feel bad about himself or become anxious or depressed even as far as developing obsessions around eating habit because of the way our culture make us to believe that the way a person appear is not desirable.

Self-Esteem: Sarwer and Polosky, (2018). Emphases in their research that Overweight or obesity can have a negative impact on individual’s self-esteem and for some people, they may find it difficult to appreciate or recognize abilities and talent due to their struggles with their body weight. While for others this has relatively little consequences, these types of people may be okay with their home life or work, but their body weight has been one area where they are not been any progression.

Eating Disorders: this is common among people with overweight or obesity, and this finding claim that a lot of patients using the weight loss treatment, for emotional reason they engage in eating and the most common eating disorder among them all is, binge-eating which is characterized with the consumption of large quantity of food in a short period of time, of which the person will experience loss of control until uncontrollably full (Sarwer and Polonsky, 2018).

Discrimination: there may be other obesity-related effect that continue well till adolescence and beyond. Some research suggested that adults and heavy teenager may face discrimination based solely because of their weight and they might also be less likely to gain admission or accepted into some prestigious university.

Obesity or overweight may also reduce the possibility of someone chance of getting a good job than their thinner colleague. For overweight Women, they have a decreased probability of finding a marriage partner or dating, and when heavy kids become heavy adults they tend to receive less wages and marry less often than their peers who are of normal weight (American Academy of Pediatrics, 2021).

It has also been proven that obesity having connection with an increased risk of various types of cancers, because as your body mass index (BMI) increase in numbers, likewise your chances of developing cancer. Including endometrial, kidney, colon, esophageal, cervical, liver and pancreatic cancer, blood vessel, bones, joints, and the brain as well.

Reproductive system: obesity can lead to woman finding it difficult to get pregnant, and this as well can increase woman chance of having serious complication throughout the duration of her pregnancy.

Pregnancy complication: pregnant woman that has obesity or overweight are more risk to develop insulin resistance, high blood pressure and high blood sugar. Which can lead to increase in the chance of complication during delivery and pregnancy, including miscarriage, blood clots, premature birth, bleeding more than normal after delivery and gestational diabetes (Cafasso, 2020)

Cause and/or risk factor:

Obesity occurs when there is imbalance in between energy expenditure and energy intake, which means energy imbalance for example, when the energy you take in does not equal the energy that goes out from you in tense of calories, which means your energy intake is the amount of calories you derive from drinks and food while the energy expenditure these refer to the quantity of calories that your body system uses for things like digesting, regulating body temperature, being physically active and breathing. And it can also be cause by some medical condition, genetics and medication.

Psychology and social factors may also lead to someone being obesity, because the customs and habits of he or she social network can have an impact on the type of diet they have, with some people with depression or low self-esteem may over-eat foods high in calories, sugar and fat as a result of this (NICE, 2017).

Family influences and inheritance: this is because the type of genes you inherited from your biological parents may have an impact in the quantities of body fat your system store and how the fat is being distributed or as a family member may share the same similar activity and eating habit. And genetic can still play a big role, how efficiently your body system can transform food to energy, and the way your body can regulates appetite and burns off calories during exercise routine.

Medications and Certain diseases: in some cases, obese can be link to due to medical problem, such as Cushing syndrome, Prader-Willi syndrome and some other medical conditions. Even arthritis can also lead to fewer activity, which may end up resulting in weight gain. (Mayo Clinic, 2020).

Patient A:

Regarding the lifestyle questionnaire that was carried out on patient A, to determine her health behaviours and according to the lifestyle questionnaire that was through at her it showed, Patient A, was born on the 1st of January 1973, age 48 years old. And she smokes between ten to nineteen cigarettes per day, with a medical condition of high blood pressure, which her (BP) is about 180/90 while her Height is 165cm and her Weight goes around 86kg, with no record of stroke or shock.

And she does not involve herself in any type or form of exercise because of her busy life scheduled, she eats junk food like chips and fries with frozen meals as well as consuming up to three to six units of alcohol a day and with a family history of heart attack and high cholesterol because her father died of heart attack at the age of 68 years old, while her elder Sister had problem with high cholesterol.

Risk factor for Patient A:

Type 2 diabetes: this is a type of disease that happen when your blood sugar or also called blood glucose is much high, of which about 80% of people who suffering from type 2 diabetes are either obesity or overweight and over the time high blood sugar can automatically leads to issue such as stroke, heart disease, eye problems, kidney disease and other medical problem.

High blood pressure: hypertension that is also called high blood pressure, is a medical condition that allowed blood to flow through blood vessel with a greater force that is more than normal, these can strain your heart, increase your risk of stroke, kidney disease, heart attack and death as a result of high blood pressure.

Gallbladder disease: obesity and overweight may also increase your chance of developing gallbladder disease (NIH, 2018) such as cholecystitis and gallstones. The imbalance within substances that build bile led to gallstones. They may be formation of gallstone if there is too much cholesterol in bile.

Intervention for patient A.

Swimming: whatever your ability or age, swimming is a good way of all-round exercise if you want to stay healthier, because doing it more regularly, can decrease the chance of chronic disease such as type 2 diabetes, heart disease and stroke and can increase your morale and put your weight under watch. And in case you don't know how to swim, is just never too late to learn.

Make a healthy eating plan: this is for her to cut down on her junk foods and calories intake and eat more vegetable in replacement of these frozen food, chip and fries. Try and search for any healthy food options that you might enjoy or prefer as you be more likely to stick by it. and continue making the healthy food choices a lifelong habit.

Exercise on prescription: this we happen when you talk to your local authority or NHS about your condition they may referred you to your local active health team for some number of sessions which has to be supervised by a qualified trainer (NHS, 2019)

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