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OBESITY

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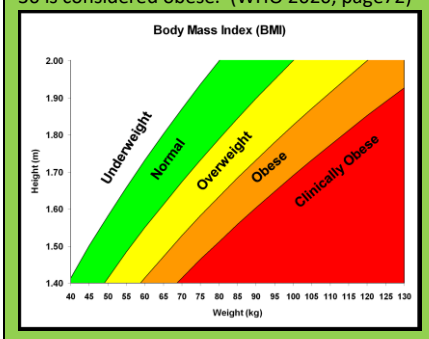
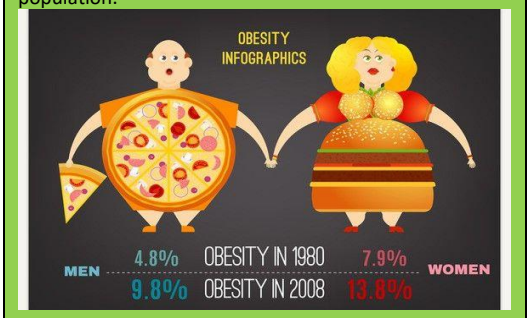
Obesity

What is Obesity?

To define obesity one can, point overweight, oversize, excessive accumulation of fat which cause health problems. According to world health organization (WHO), body mass index above 25 is overweight, above 30 is considered obese. (WHO 2020, page72)



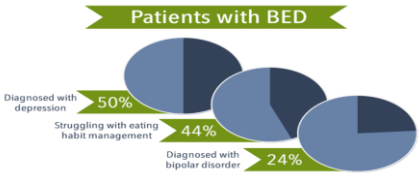
Overweight and obesity reaches an epidemic proportion in the United States of America. More than 61 per cent of Americans aged 20 and over are overweight and ¼ of adults Americans are obese (an estimated 97 million), causing them serious risks of health (DHH,2001). Even so, it is confirmed that obesity continues to grow at an alarming number in men and women in a large population.



Physiology Factors

Physiological factors that cause obesity are eating habits. Many people consume food according to their negative emotions such as boredom, sadness, and anger.

Approximately 10 per cent of moderately obese people who try to lose weight trough weight loss programs suffer from poor eating habits, which is even more common in severely obese people. Bad eating habits are estimated to occur in between 20 to 30 percent of individuals seeking specialized treatments for obesity (Marcus, Wing and Fairburn, 1995). Bad eating habits involve people who eat huge amount of food and continue to feel that they cannot control the amount they are consuming. Such individuals with this problem also suffer from symptoms of depression and lack of confidence. These people usually experience a lot of difficulty losing weight than those who don't.



Case Study Patient A

The patient is a smoker using an average of 15 cigarettes a day. However, she suffers from high blood pressure, but never had heart attack, angina, or stroke. The patient pointed that family member suffered heart attack bellow the age of 60 but non above the age of 60. No stroke, no high cholesterol either. This patient does not exercise and eats chips and fries regularly and drinks between 3-6 unit of alcohol per day. Such lifestyle indicates weight gain which is synonymous to obesity.

Interventions

Treatment for overweight and obesity include weight through healthy eating, as well as being physical active. Weight- loss programs can also help with this process. Some people with obesity have difficulties in losing weight to improve their health, in these cases medical help is recommended to be able to add more effective treatments, such weight-loss devices, or bariatric surgery.

References

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