

Introduction to Research (BMHP5005) Viva Voce

Obesity in adults in UK

Student Name: Catia Araujo

Student Number: 1916673

Introduction

- The prevalence of obesity in adults in UK is 15% to 25% between 1993 and 2011(Rebecca J, 2013).
- The main causes of obesity is lack of exercise, high risk factors in lifestyle, environmental and genetics (Mark, Hammer, 2019).
- There are also significant economic costs associated with obesity (Rebecca J, 2013)
- However, the discrimination of obesity in the UK has increased over time (Stuart, 2015)

Aim: To understand the causes of obesity in adults in the UK

Objectives: Why there are many causes of obesity adults in the UK?

What suggestions were recommended to help with weight reduction?

Methods

- **Key Words:** Obesity, Overweight, Public opinion, Government Policy, Anti- Fat Attitudes, Implicit and Explicit Attitudes; Exercise, Cigarette Smoking, Virus diseases and Mortality
- **Data Sources:** Published (2013), Biomed (2015), Journal Science Direct (2019)
- **Inclusion Criteria:** All studies was published from 2013 until 2019 that including environment, genes, unhealthy food, healthy lifestyle campaigns, population British adults.
- **Exclusion Criteria:** Studies from USA and Germany

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Rebecca J Beeken/ Jane Wardle (2013)	To assess attributions for overweigh and the level of support for policy initiatives in Great Britain The aim of study is the cause of obese health on public health service that affect economic costs.	There was questionnaires and Interviews regarding causes of overweight.	Socio Economic Status The rights and wrongs of government intervention in preventing and treating obesity. The people became obese, because they eat many unhealthy foods and also might be genetic cause.
Stuart W, Flint Joanne Hudson David Lavollee (2015)	To assess the increase in obese people that was affected health and economic. This cause of this situation resulted in depression, mental disorder and self- esteem.	The study was 2380 participants females between 18 and 65 years old and was through Online Survey.	The health professionals in term obese should be avoided with obese patients. The reason was that obese people felt uncomfortable and majority come from men.
Mark Hamer Gary O'Donovan Emmanuel Stamatakis (2019)	The aim of research is understand lifestyle risks factors that cause obesity in large general population.	There was questionnaires and interviews based in lifestyle to assess physical condition.	The causes of lifestyle risks factors was infectious disease mortality. The main finding suggests physical activity and choose a better quality of life.

Results

- **Key findings:**

1. Particularly there are more women than men that answered the questions regarding causes of overweight.
2. There are more negative attitudes for obese people.
3. This point about obesity demonstrated that higher risk of respiratory is associated an obesity.
4. The main cause of obesity might be quality of life.
5. In large general population eat many unhealthy food.

- **Key themes:**

1. Socioeconomic costs is associated with obesity.
2. Measures and support the population in healthy community.
3. Suggestions on individual behavioral choices.

Discussion

- The main finding was discussed about causes of overweight.
- Therefore, there were assessment through the questionnaires and interviews that demonstrated the importance of causes of unhealthy foods, healthy lifestyle and limitations.
- The research demonstrated that there is discrimination in obese people in UK
- According this causes of obesity in adults in UK, those obese people has negative attitudes, because those people was affect self esteem and body image.
- In addition, the high risk of obesity could be lack the exercises, unhealthy food or genetics.

These are recommendations

- The main recommendation from Department of Health and Social Care is that adults should practice exercise 30 minutes a day (NHS, 2019).
- They can be able to support, prevent and educate those people in society. Therefore, improve quality of life, wellbeing and reducing these costs. (Public Health England, 2013)
- Health Professionals promote health and wellbeing with patients, families and community (Office for Improvement & Disparities, 2022)
- The government in the UK encourage in general population to make healthy choice (Department of Health & Social Care, 2020, British Nutrition Foundation 2018)
- The NHS support individuals to achieve and maintain a healthy weight through long term plan (NHS, 2022)
- The World Health Organization recommend the general population that healthy diet should include fruits, vegetables, nuts and oats (WHO, 2022)

Conclusion

- In terms of public for obesity, they recommend awareness of the causes of obesity (Rebeca J, 2013)
- In fact, the causes of obesity on research demonstrate strong beliefs (Stuart, 2015)
- Lastly, the Public Health suggest physical activity, a good balance diet and avoiding smoking (Mark, Hammer, 2019)

References

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