

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

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Introduction

- A systematic literature review of Intervention for Adults living with Obesity in the UK.
- In England, People who are obese make up 25.9% of the population, whereas 37.9% of people are not obese, just overweight.
- The likelihood of men than women to have a weight problem, according to a study that was released in December 2022 (with 68.6% men and 59.0% women).
- Ages 45 to 74 make up the majority of those who are overweight or obese. (House of Commons, 2023).
- Aim: To encourage people to achieve and maintain a healthy weight in the public at large.
- Objectives: To define the main concept of Obesity, explore some data, policy and services in the UK and provide recommendations.

Methods

- This is a Secondary Research.
- A systematic Literature Review.
- Data: Thematic Analysis
- Keywords: Obesity intervention of adults in the UK, Obesity Prevention, Obesity and Support for Adults, Adults with Obesity.
- Inclusion Criteria: Within 10years, in English, Literature Journals, UK, and Adults only.

Literature Review

Source citation	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Booth, (2023)	To investigate access weight reduction interventions for overweight.	36,319 Patients. Clinical Practice Research Datalink.	Antiobesity drugs Prescriptions. Dieticians.
Rassy et at, (2023)	To look at the relationship if there is a correlation between the prevalence of serious obesity-related disorders in obese people versus normal weight people.	UK Biobank participants. 438 583 Adult participants.	A healthy way of living was connected to a reduced risk of numerous diseases. an effective. lifestyle was linked to a lower danger of many obesity-related disorders; however, this correlation was small in obese individuals. Although leading a healthy lifestyle seems to be advantageous, the health risks linked to obesity are still present.
Simpson et al, (2020)	To develop and assess a social support, online, and application (app) based intervention that can assist obese people in achieving their weight loss goals.	GP practices patient databases. Inclusion/exclusion criteria. Scottish Primary Care Research Network (SPCRN). 109 participants.	Significant changes in one's life. characteristics of the mind. Social conventions and emotional state. lack of assistance. asking friends or family for help might be challenging.

Results

- Adults who were obese were more likely to get a variety of illnesses.
- A lower risk of cardiovascular disease and other illnesses, as well as in obese adults, was associated with regular exercise, quitting smoking, and eating a balanced diet.
- Support for managing weight like counselling, referring patients, and writing prescriptions for weight-loss medications, were assessed.
- HelpMeDolt! was available to the intervention group for a full year.
- This motivated using their current social network, they can ask for "helpers" to help them achieve their goals, track their progress, and take advantage of social support.

Discussion

- A significant population-based sample from the UK was used in this investigation, which was advantageous. However, it's probable that not all weight-control methods, such as the electronic health record also includes lifestyle recommendations.
- Referrals and medication prescription are less likely to be affected.
- The poor engagement of assistance via the app was a major flaw in the study.
- Another drawback is that only residents of Greater Glasgow and Clyde were used in the study.

Conclusion

- Anyone can be afflicted by the obesity pandemic.
- Having a dangerous lifestyle is the primary contributor to the issue, notwithstanding the influence of genetics and other physical variables.
- By altering our lifestyles, we can take control of our health.
- We would be able to completely eliminate obesity from our lives if we adopted a healthy lifestyle.
- The improper diet precludes the use of any medication. A healthy diet can eliminate the need for medication.

References

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- House of Commons, (2023), *Obesity statistics*. Available at: [https://commonslibrary.parliament.uk/researchbriefings/sn03336/#:~:text=Adult%20obesity%20in%20England,BMI\)%20of%2030%20or%20above](https://commonslibrary.parliament.uk/researchbriefings/sn03336/#:~:text=Adult%20obesity%20in%20England,BMI)%20of%2030%20or%20above). (Accessed: 12 January, 2023).
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- Simpson SA, Matthews L, Pugmire J, McConnachie A, McIntosh E, Coulman E, et al, (2023). *An app-, weband social support-based weight loss intervention for adults with obesity: the HelpMeDolt! feasibility RCT. Public Health Res.* Available at: <https://www.journalslibrary.nihr.ac.uk/phr/phr08030#/full-report> (Accessed: March 2020).