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OBESITY – HEALTH ISSUE POSTER PRESENTATION

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OBESITY – A HEALTH ISSUE



Introduction

Obesity can be defined as a complex disease that involves the accumulation of an excessive amount of body fat. It is known as the root cause of many diseases which mainly include cardiovascular disease, pulmonary disease, neurological diseases, certain cancers and organ failure (Upadhyay et al., 2018). It is a serious medical issue as it not only affects our daily practices but also leads to other health issues. There are several factors associated with it such as hereditary, environmental, physiological, diet, daily activities, exercise, physical fitness and other habits (Larabee et al., 2020). In this study, a Health and lifestyle questionnaire is designed to take the data of the patient. Based on the results, evaluation of the main issue is done and related to it solutions are provided.

Collected Data Description Patient A

As per the data collected, it has been evaluated that the patient weighs 86 kg and has a height of 165 cm. The patient has the daily habit of smoking and for 1 day, she smokes 10-19 cigarettes. She also has an alcohol addiction and drinks 3 to 6 units a day. Daily she eats a mixture of fast food including regular chips and fries and does not take healthy food like meat, fruit, dairy products and vegetable. She also has the issue of blood pressure. As per the recorder result, her systolic pressure is found to be 180 mm Hg and diastolic pressure is found to be 90 mm Hg. She does exercise sometimes not every day. She does not have any other disease or injury. Upon the evaluation of the family history, it is found from the answers to the questionnaires that her sister suffers from high cholesterol (hyperlipidemia) and her father had a heart attack at the age of 68.

Data Evaluation

After evaluating the collected data, her Body Mass Index (BMI) is calculated. It can be defined as a measure of the fats or muscle mass in the body based on weight, age and height (Peterson et al., 2017). It has different ranges that can be used to evaluate whether the person is obese, healthy, overweight, normal or underweight. If the calculated BMI is less than 18.5, then the person is identified as underweight. If the calculated BMI is under the range of 18.5–24.9 then the person has normal weight. If the calculated BMI is under the range of 25–29.9 then the person is overweight and if the calculated BMI is 30 or greater then the person is obese (Fig. 1) (Heslehurst et al., 2019). The BMI of the patient is found to be 31.6 which shows she is obese. This shows that she is at risk of several diseases. The chances of these risks are increased due to bad habits like eating junk food, drinking alcohol, smoking and also there are cardiac issues in his family. The chances of the development of cardiovascular diseases increase due to family history, obesity and smoking (Corbett et al., 2021).

Risk Factors of Obesity

Obesity is known as a multifactorial disease. It has complex pathogenesis in relation to environmental, psychosocial, biological and socioeconomic factors. It is also related to the heterogeneity in the mechanism and pathways that result in severe adverse health outcomes. Researches have shown that cardiovascular disease morbidity and mortality increase in individuals who are obese, specifically with the deposition of the adipose tissues (Abarca-Gómez et al., 2017). It is also found that abdominal obesity is the most common risk factor for CVD globally (Dobner and Kaser, 2018). Obesity is linked with insulin resistance, dyslipidemia, hypertension and increases levels of C-reactive protein and fibrinogen. These all in relation increases the risks of heart diseases which can even lead to early death (Pranata et al., 2021).



Figure 1 BMI Ranges (Source: Heslehurst et al., 2019)

Role of Organisations and HealthCare

Several studies have been done on the obesity prevention strategies implication in different sectors. A study conducted in Australia in 2012 by Wen et al. evaluated the role of home-based nurses in overcoming the issue of obesity in babies up to age 2. After the birth, the nurse visited the children and guide the mother accordingly to keep the child healthy. Results of the study showed that the BMI of the children whose mothers received the guidance was normal as compared to the control group (Wen et al., 2012). Another study was conducted in 2018 in Sweden to evaluate the use of smartphone games app to educate children on the importance of physical activity and healthy eating. Results showed that the children playing such games showed increased interest in eating healthy and being involved in physical games and school activities (Nyström et al., 2018). In 2019, a study was conducted in the workplace in the USA where it was found that more than 50% of staff is obese. To overcome this issue, they implemented the policy in which the employees were given a break of 30 minutes to play physical games. After six months, results showed that not only did their weights decrease but also they showed improved performance (Lessard et al., 2020).

The Solutions to the Obesity Issue

Following are the solutions to overcome the issues of obesity that is extracted from the research studies:

- Consume healthy food and avoid fast food/ sugary foods (Khawaja, 2020)
- Eat green vegetables and fruits (Abarca-Gómez et al., 2017)
- Do daily exercise (Abarca-Gómez et al., 2017)
- Avoid drinking alcohol that is lethal for health and increases the risk of organ failure (Powell, 2019)
- Avoid smoking that can result in increased chances of cardiovascular diseases (Powell, 2019)
- Drink plenty of water (Powell, 2019) and include fibers in food (Khawaja, 2020)
- Try to consume low-glycemic index foods (Khawaja, 2020)
- Take a weight training regimen (Khawaja, 2020)
- Take professional help (Khawaja, 2020)

Evaluate BMI at least once a month (Lopez-Nava et al., 2021).

Conclusion

From the patient data, it has been evaluated that obesity is linked with the development of several diseases and several factors are involved such as drinking alcohol, family history and smoking which increases the chances of the development of the diseases. Therefore, government and different organisations would work collaboratively to overcome this increasing worldwide issue to promote a healthy life.

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- Take professional help (Khawaja, 2020)
- Evaluate BMI at least once a month (Lopez-Nava et al., 2021).

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