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 This Photo by Unknown Author is licensed	Obesity	Definition: obesity could be defined as an individual that is very overweight. National Health Service (2019) states that obesity describes a person with a lot of body fat.
Physiology: Obesity occurs because of an imbalance between energy expenditure and calorie intake. (Saber and Geibel ,2021). Obesity can take place when an individual is eating more than what the body needs. The term obese describes a person who has a lot of body fat and is overweight. (Raubert et al 2020).	Findings: From the case study cardiac family history of Patient A Patient A's father had a heart attack at 68yrs Patient A's sister has hyperlipidaemia Excessive Alcohol intake and smoking Patient A drinking alcohol can increase belly fat Luo and Lockett (2018) agree with this line of thought and state that beer contain high calories and can cause increase in belly fat	Poor diet: patient A eats lots of chips and frozen foods this could lead to type 2 diabetes High blood pressure: Could lead to a stroke if not checked Patient A's blood pressure for her age (48 years) is 180/90. NHS (2020) suggests that a normal blood pressure should be between 90/60 to 120/80 Body mass index is 32.2 BMI is one of the indicators that Patient A has excess fat on her body and is therefore obese
Interventions/Managements Healthy diet: Eating breakfast and adding cooked meals as well as fruit and vegetables will assist in weight loss, Paixio et al (2020) explain that an increase in vegetable consumption and physical activity is important for weight loss	Interventions/Managements Physical activity: Patient A can introduce walking to work and then increase this by walking to and from work. Campbell (2021) explain that the government is planning to give financial rewards for people to become health	References Campbell, D., (2021) UK government start offering financial rewards for becoming healthier Guardian Newspaper Lockett, M, S., (2019) "Diabetes and obesity" diabetes.co.uk Luo,E, K., Lockett, M, S., (2018) Healthline how does alcohol affect weight loss? National Health Service (2019), 'Overview Obesity' National Health Service (2020) What is blood pressure Rabuer, F., Martinez, S., Louzdua, M, L, C., Milliet, C., Monterio, A, C., Levy, R, B., (2020), Ultra-processed food consumption and indicators of obesity Paixao, C., Jorge, R., Dias, M., Carraca, V., Yamakoullia, M., Zwaan, M., Sirpa, Z., Soini, J, O., Hill, P, J., Santos, I, T., (2020), Obesity/Weight loss management obesity reviews https://doi.org/10.1111/obr.13003 Saber, A, A., Geibel, J., (2021) "What is the pathophysiology of obesity?" Medical Economics MedScape

Speaker Notes

Definition

Obesity is the process in which a person is very overweight. Kishore et al (2018) state that obesity is generally defined as excess body weight for a given height

Physiology of Obesity

Obesity occurs because of an imbalance between energy used by the body and the calorie consumed by the body. Obesity can take place when an individual is eating more than what the body needs. The term obesity describes an individual who has a lot of body fat. (Rauber et al 2020).

Findings: From the case study

Family history of Patient A:

Father had heart attack at 68yrs

Sister has high cholesterol

The British Heart Foundation (2021) suggest that individuals that have a strong family cardiac history are more likely to be affected by heart conditions.

Risk Factors of Patient A:

Excessive Alcohol intake and smoking:

Patient A drinks a lot of alcohol and this can contribute to her having an increase in belly fat. Also, Patient A smokes 10 – 19 cigarettes/day smoking can lead to lung cancer. National Health Service (2020) highlights that 84% of lung cancer deaths are caused by smoking.

Poor diet:

Patient A eats some meat, also eats lots of chips and frozen foods, frozen foods are known to be high in sugar and salt. NHS Health Scotland (2020) highlights eating balanced diet can help prevent diet related illnesses. Diseases such as type 2 diabetes could be one of the diseases that could be acquired due to poor diet.

High blood pressure

Patient A's blood pressure is 180/90 this is too high as for an age of 48 years, the blood pressure should be less than this. The NHS (2020) explains that a normal blood pressure would be between 90/60 to 120/80. If the high blood pressure is not treated could lead to a stroke.

Body mass index (BMI)

The body mass index of patient A was 32.2 which makes the patient obese. This is worked out by (weight divided by height squared). One of the ways to find out if an individual is obese is to measure the BMI (NHS, 2019).

Management/Intervention

Holmes (2021) explains that obesity is very important health risk which is associated with diabetes, heart disease and some cancers. The rate of obesity is higher in women when compared with men.

Healthy diet

Improving Patient A's diet can greatly help in allowing her to lose weight, having breakfast and adding freshly cooked meal as well as fruit and vegetables to Patient A's diet will assist in weight loss.

Physical Activity

Patient A stated that no form of exercise was undertaken due to a very busy life schedule. One way of physical activity is to introduce walking to work and then increase it by going to and from work walking.

Reference

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