

Student name: Vicelma Eduardo

Student number: 2122390

Module: Introduction to Public Health

Module code: LCHS4004 Assignment Component 2

Lecture name: Kennedy Obohwemu

Table of Contents

Table of contents	Error! Bookmark not defined.
Introduction	2
Obesity	<u>2,4,5</u>
Conclusion	6
References:	7

Introduction

Obesity is a medical condition that occurs when a person's weight is out of proportion to their height and age. Obese people need help with their lifestyle choices because they are frequently abused and ignored emotionally and physically by family and friends. Furthermore, obesity rates are rising, and obesity can frequently stifle and individual's growth and even results in significant psychological issues as a result of constant criticism and rejection (Psalios,2020). Obesity has long been a source of debate among psychologists, sociologists, and dietitians around the world.

Numerous factors, including race, heredity, behaviour, environment, gender, and other socioeconomic circumstances, have been and continue to be studied from a practical and theoretical standpoint. Nonetheless, obesity is still a hot topic today, and in some cases and consequences are complex and difficult to understand. The increasing rate of obesity is mainly caused by changes in life. Obesity is the state of being well above one's normal or ideal weight.

Obesity

Obesity is a significant risk factor for and contributor to increased morbidity and mortality (Pi-Sunyer, 21,23, 2009). People have not been adequately informed about food's high addictiveness and associated health risks. Individuals are increasingly lacking in understanding of their condition, critical lifestyle changes, and critical self-management skills. In any case, it should be noted that obesity is a serious problem that affects both individuals and communities, and society as a whole. Individuals who are obese, on the other hand, may jeopardise the future of everyone involved.

Obesity is caused by an individual's genetics, all ages, both sexes irrespective of geographical locality, ethnicity, upbringing, socioeconomic situation, and it can have a significant impact on an individual's overall health and wellness (Chooi, Ding, Magkos). It is commonly defined as a 30% increased in body fat over individual's ideal age and height. However, there are numerous factors that contribute to an individual's obesity.

One of the primary reasons a person may struggle with their weight is that they are genetically predisposed to being overweight or suffering from other severe illnesses and diseases as a result of biological family member carrying the gene. Obesity is caused in large part by genetic and human hormones.

People believe they can prevent or reverse obesity before it causes health problems. Most people will be unable to overcome their obesity, and nearly half will die because of obesity-related diseases. Obesity causes difficulty breathing, early symptoms of cardiac disease, disrupted sleep patterns, surgical complications, non-alcoholic fatty liver disease, polycystic ovarian syndrome, type 2 diabetes and contribute to high blood pressure in most obese people. (L Ogden, Z Yanovski, 2087-2102, 2007).

Overweight people are more likely to develop high blood pressure. Obese people have high blood fat content (triglycerides) and quickly clog blood vessels. When the space between the blood vessels narrows, the pressure within them rises. Obese people are more likely to develop cancers such as endometrial cancer, cancer of the colon, uterus, kidney, prostate, gall bladder, and postmenopausal and breast cancer. Furthermore, every 2-pound increase in weight increases the risk of developing arthritis by 9% to 13%. Knowing that arthritis can be exacerbated by losing weight is beneficial to the individual.

Obesity can damage the knees and hips by putting strain on the joints. While replacement surgery is commonly performed on injured joints, the artificial joint is more prone to slackening and causing additional damage. Obesity may also increase the risk of vitamin deficiencies (vitamin B12), which can lead to bone and joint problems (such as sliding bowlegs and femoral epiphysis) as well as other mental illness such as low self-esteem and depression (Thomas-valdes et al., 2017). Obesity can also contribute to poor mental health, social discrimination, unfavourable peer/adult relationship, high-risk behaviour (drug use), lower hopes for a bright future, and being misinterpreted by relatives.

Obese people have unstable emotions and frequently consider themselves unattractive, lack self-confidence, and suffer from depression or stress as a result of not being able to live a normal and active life like other people. Because of their physical appearance, most obese people lack self-confidence. They constantly compare themselves to people who have healthier

bodies, which has a negative impact on their daily lives, work performance, and social interactions.

Because obesity affects every organ system in the body, it may shorten one's life by 2 to 5 years. Obesity also can impact on mental health. These mental effects have not been extensively studied as side effects of physical obesity. Nonetheless, evidence suggests that negative obesity can have an impact on mental health. Obese people frequently experience feelings of inferiority. Individuals who are severely obese are three to four times more likely to exhibit signs of depression and anxiety than those who are an ideal weight, according to a study conducted in Sweden.

Obesity during pregnancy is associated with a higher risk of death for both the mother and the baby, as well as an increase in the risk of maternal high blood pressure. Obese women have more chance to develop gestational diabetes, suffer perturbations to the hypothalamic-pituitary-ovarian axis, menstrual cycle disturbance and are up to three times more likely to suffer oligo-/anovulation have problems with labour and delivery, among other issues. Obesity and overweight are associated with a high risk of gallbladder disease, surgical risk, incontinence, and depression. (J Brewer, H Balen., 347-64, 2010). Obesity can lower a person's quality of life by limiting mobility and physical strength and causing discrimination in social, academic, and work settings. They are also obese, which is barrier to quality of life and has emotional consequences in this diseases. All these negative aspects of such disease are reduced if they occur to benefit the person.

Many people don't understand the difference between the state of being overweight and being obese. Being overweight refers to an extra amount of body weight that can be caused by having excess bones, fat, muscle, and water while being obese is strictly locked down for large amounts of fat. Obesity is attained when a person reaches a certain body mass index. Adults with body mass index of 25-29.9 fall in the overweight classes, while adults with a body mass index of thirty or more fall in the obese class.

To start, having a vibrant lifestyle is vital to losing weight. Wasting so much time of the day watching television, playing games, in the car, or simply living a lazy lifestyle makes it almost impossible to cut off pounds. A strong metabolism is required for the body to use all the food consumed. A metabolism is the process by which the body converts food into usable energy. An excess of food, exercise, or sleep would disrupt the body's metabolism. Eating enough of monounsaturated and polyunsaturated mostly found in nuts and oil will provide one's body the fats it needs without putting on extra weight because these fats have Omega-3 and Omega-6 fatty acids which lower cholesterol, boost metabolism, and supplement in over sixty health issues according to "61 Health Benefits".

There is evidence that an everyday diet based on entire plant foods can avoid reduce most of the chronic health issues. Self esteem and health concern are one of the best motivating factors for weight loss in teens. "Part of the routine to weight loss is cutting back on sugar and portion sizes, while having a constant vegetable and fruit intake".

Starvation slows the metabolism, allowing the human body to more efficiently burn the fuel provided by food. Clearly, metabolism and weight are linked in some way. According to research, the rate at which food is converted into energy varies greatly between individuals, and a variety of factors are likely to influence the process. Exercise, age, how much food is consumed, and whether calories are consumed in the form of fat, protein, or carbohydrates, are

all factors. Scientists believe that one's metabolism is as much influenced by genetics as one's diet.

Another key point to losing weight is getting the right amount of sleep. Sleep deprivation primes the brain to make poor decisions. It reduces activity in the frontal lobe of the brain, which is the centre of decision-making and impulse control. So, while a well-rested brain may be able to overcome comfort food cravings, a sleep-deprived brain may struggle to say no to another slice of cake. The sleep is considered as nutrition for the brain. Most people require and want between seven and nine hours of sleep per night. If a person gets less than that, their body will react in ways that will drive even the dedicated dieter straight to iHop.

Obesity is a multifaceted problem that necessitates a multi-agency Obesity Strategy Group was formed, with key partners from Local Authorities, NHS, and the voluntary sector. The group was led by the Health Improvement team's public health consultant. It outlines how partners and communities will collaborate to reduce obesity while considering the unique needs of the local population. This strategy will work in tandem with other strategic plans to ensure that tackling obesity is high on Preston Ribble Council's political agenda. The best approach to counter the barriers posed by large multinationals and corporations that criticize the World Health Organization, the best approach is to establish government policies and regulations that will result in changes in advertisements and marketing, particularly those targeting children in the United Kingdom. In essence, a population-based approach will be more realistic if it targets specific segments of the population, such as children, marginalised groups, the elderly, and the disabled, with appropriate objectives and measurable parameters for measuring results.

Such initiatives would include the establishment of appropriate UK school playing groups, adequate road system and network that accommodate cycling and walking, jogging, swimming or tennis for 150 to 300 minutes (2.5 to 5 hours) a week, promoting of physical activities and breastfeeding, and to balanced calorie-controlled diet (www.nhs.uk). Priority should be given to the five-course strategies that involve monitoring obesity prevalence from fetus-infants-adolescents-adults-old age, by measuring both children and patients body mass indices and promoting infants and children feeding policies.

Conclusion

Obesity is very common nowadays. It is a situation where a person gains excessive and abnormal weight, also, one of our nation's largest critical and severe health problem. Obesity is frequently misunderstood as a personal problem. Despite the fact that many aspects overlap, experts appear to agree that obesity is a highly complex issue. In addition to understand the causes of obesity, it is critical to consider how to avoid obesity and how the community can support and assist in the rehabilitation of those who are obese.

Making people aware of how to adapt to a better lifestyle can reduce the chances of obesity. Obesity should be combated through a combination of prevention, intervention, and suppression strategies. Obesity prevention efforts should include not only a health diet, regular exercise, and instilling good habits in everyone, but also a variety of management tools, potential medicines, and other therapies. It has affected 1 out of every 5 individuals in the world.

References:

- The medical risks of obesity (Pi-Sunyer, 21,23, 2009) Google Scholar
- Treating obesity (www.nhs.uk)
- Focus on obesity (J Brewer, H Balen, 347-64, 2010) Google Scholar
- The epidemiology of obesity (Chooi, Ding, Magkos)
- (Thomas-valdes, S., Tostes, 2017). Association between vitamin deficiency and metabolic disorders related to obesity. Critical reviews in food science and nutrition, 57(15), 3332-3343.