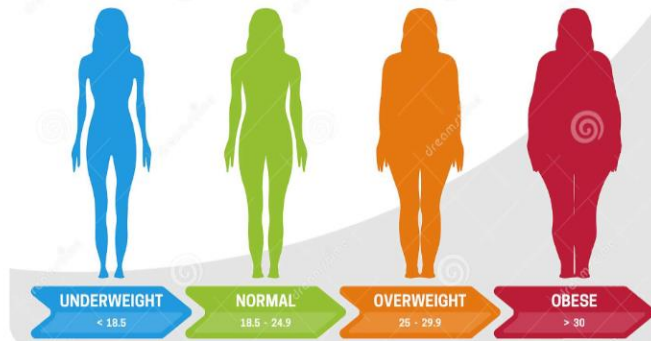


Obesity

Alcohol can impact appetite through various central pathways (Traversy,2015).

BODY MASS INDEX (BMI= $\frac{\text{WEIGHT Kg}}{\text{HEIGHT m}^2}$)



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Cause of obesity is eating more calories than burning in a daily activity, on the long term impact. These extra calories build up over time and increase weight.

Other causes of obesity are genetics, getting older, not have enough sleep or pregnancy (Biggers,2020).

Reducing calorie content in your diet will help you lose weight, but physical activity demands burning energy to maintain a healthy weight (NHS,2019).

With 1 gramme alcohol delivering 7,1 kcal (29 kJ) and studying that energy taken as alcohol is a supplement to other dietary sources, a higher intake of energy with alcohol consumption can definitely promote a positive energy balance and, eventually, an increase in weight.



Many people eat when they are watching television (TV), regardless of whether they are hungry or not.



At least 150 minutes per week or 75 minutes of vigorous intensity activity per week, should be performed by the patient (NHS,2019).



Obesity Affect the Body

risk of stroke cancer reflux disease
increase risk for heart attack skin rashes
weak muscle and bones liver disease
infertility joint pain type 2 diabetes
kidney failure sleep apnea
increase depression

Loseing weight

Eat regular meals Plan your meals
Eat plenty of fruit and veg
Eat high fibre foods Cut down on alcohol
Use a smaller plate Drink plenty of water

Moderate activity will increase the heart rate of the patient and make him feel faster and warmer. One technique to tell if you're still able to converse but not sing at moderate intensity level (NHS,2019).
The Moderate-intensity activity are: walking, cycling and Dancing

Body mass index(BMI) is the most common way of checking a healthy weight. An overweight Body Mass Index (BMI) of over 25 and over 30 is termed obese(WHO,2021).

The patient X has 31.5 BMI

According to BMI a healthy weight for a patient X is 50.4kg - 68.1kg

Losing and retaining 5% of weight can bring health benefits such as reduced blood pressure and reduced risk of developing type 2 diabetes (NHS,2018).

Recommended daily calorie intake: 1482 - 1905 kcal (NHS,2018).

Obese refers to a person with a lot of body fat that's overweight(NHS,2019).

Obesity is a condition that can affect the patient's body greatly. There are more likely to be other disorders for people with serious obesity.

Body mass index (BMI) is a metric that measures the body size by considering the weight and height of a person.

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