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Obesity Health Issues for Young People in the United Kingdom

INTRODUCTION

- The topic of the poster is the health issue of obesity for young people in the United Kingdom exclusively.
- An obese person is someone classified as extremely overweight and a high amount of body fat.
- 1 in 4 adults will be affected by this health issue.
- 1 in 5 young children will be affected by this issue as well.
- The weight of individuals and the index check used for identifying a base individuals is BMI.
- A BMI of 25 to 29.9 identifies an individual as overweight.
- A BMI of 30 to 39.9 identifies an individual as obese.
- A BMI of 40 and above that will mean that the individual is severely obese (NHS, 2021).

FACTORS AFFECTING INCREASE IN YOUNG PEOPLE WITH OBESITY

- Young people are particularly vulnerable to parental perception and attitudes at home.
- Genetics can also be a factor contributing to obesity in young people.
- Diet and the quality and quantity of food provided is a significant factor as well.
- Lack of physical activity and discouragement can contribute towards obesity (Chan and Woo, 2010).

CASE STUDY FINDINGS

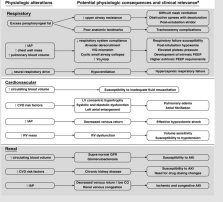
- The limitation of research comes with the presence of only nine questions and the limited range of the ages of participants.
- Also, the research has been affected by COVID-19 whereby fewer people are likely to spend more time outdoors.
- However, the research generally showed that the majority of young people do not have well-established healthy eating habits.
- Interestingly, the research also showed that all of the participants are willing to change and improve their lifestyles, but they may not be sure how.
- Participants chose not to disclose any parental influences on their eating habits.

LIFESTYLE AND BEHAVIOUR MANAGEMENT OPTIONS FOR PATIENTS WITH OBESITY

- The primary recommendation for the management of obesity is diet including fruits, vegetables, lean meat, low-fat products (mainly dairy products), and general sources of protein.
- It is highly recommended that foods with reported high calorie intake and low amount of nutrients must be avoided.
- Behaviour wise, patients can set realistic goals for the maintenance or production of weight loss.
- Realistically, patients must be advised to expect a weight loss of 0.5 to 1 kg per week (Butryn, Webb and Wadden, 2011).
- Regular exercises or constant programs of combination of diet and active walking can help patients to gradually lose weight over time (NHS, 2021).

KEY INFORMATION FOR THE PHYSIOLOGY OF OBESE INDIVIDUALS

- There are physiological alternations which occur for the bodies of patients who are obese or severely obese especially.
- Those are respiratory, cardiovascular and renal - shown below (Slushaty and Stapleton, 2014).



CASE STUDY QUESTIONNAIRE

- The participants involved in my case study or 10 in total.
- Those participants are young patients between the ages of 15 to 19.
- The classification of age ranges between teenagers and adolescents.
- There are nine questions in total that the participants were asked.

Lifestyle Situation	Agree	Disagree	Neutral
Do you avoid foods with content of high sugar?	4	6	0
Do you avoid greasy food or fast food?	2	5	3 (not always)
Do you change your eating habits for the reduction of content of fat?	3	7	0
Do you exercise as often as recommended for your age?	1	8	1 (unsure)
Would you consider improving your lifestyle in terms of physical health?	10	0	0
Do you spend time a lot of time indoors?	6	4	0
Do you have 3 regular meals each day?	4	3	3 (not always)
Do you practice sports?	7	3	0
Are you aware of the physiological problems related to obesity?	3	6	1 (unsure)

CONCLUSION

- In conclusion, prevalence of obesity is observed in countries like United Kingdom and United States.
- BMI is an index used for the realistic measure of people, especially the ones who are overweight or obese.
- Personal research produced observations for individuals willing to improve their habits but still having unsuitable diets between the ages of 15 to 19.
- Recommendations include regular exercise and proper diet with realistic goalsetting.

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The topic of my poster today is obesity as a health issue that Young people increasingly face in the United Kingdom. A person who is obese is someone classified as extremely overweight with high amount of body fat in their bodies. Statistics show that in the United Kingdom 1 in 4 adults will be affected by the prospect of obesity. Similarly, 1 in 5 children may also be affected which means that there is a significant number of people who faced the challenge of obesity. The weight of individuals is checked with a BMI which is body mass index. A BMI of 25 to 29.9 will mean that an individual is overweight. A BMI of 30 to 39.9 will mean that an individual is obese. If the BMI of a person is 40 and above, this will mean that the individual is severely obese. All this information is listed on the NHS website (2021).

There is a change of physiology in the bodies of obese individuals. The three primary affected areas will be respiratory, cardiovascular, and renal physiology. In terms of respiratory problems, the individuals can have excess fat, chest wall mass increase and pulmonary blood pressure increase. The cardiovascular problems will include an increase in circulating blood volume, risk factor of CVD, increase in RV mass and IAP. The renal problems will include the same symptoms as the cardiovascular affected areas. There can be severe difficulties if obesity remains untreated and the person does not change their lifestyle which may include respiratory failure, atrial fibrillation, effective hypovolaemic shock, susceptibility to AKI, and others.

There are various factors which can affect development of obesity in young people and it is key to outline the fact that young people are particularly vulnerable to parental perceptions and attitudes expressed at home. Another aspect is genetics which can be a factor for the contribution of obesity in young people. Diet and quantity as well as quality of food provided in-house and outdoors can be a significant factors and it goes hand-in-hand with lack of physical activity or discouragement.

The patients involved in the case study that I created were 10 in total and they were between the ages of 15 to 19. The classification of age is for teenagers and adolescents. There are nine questions that I decided to ask my participants. The resource provided are in the table for lifestyle situation and how many of the participants agreed, disagreed, and remained neutral. In the likelihood of a neutral answer, in the brackets the explanation of the participants was provided as to why they decided to give that answer. In terms of findings, it is firstly important to outline the limitations which can be taken into consideration about the credibility of the research. The limitations are the presence of only nine questions and limited age range of the patients involved. Also COVID-19 has impacted the lifestyle of individuals already whereby if you were people are likely to spend more time outdoors especially in the presence of a lockdown which affects their physical activity. The research generally shows that the majority of young people do not have healthy eating habits and are not very conscious of the food that they consume or do not care. Interestingly, the research also showed that the patients are willing to improve or change their lifestyle but they may struggle with motivation, environmental factors such as encouragement at home or they may not be simply sure on how to proceed with their realistic goals for losing weight and dietary requirements. Finally, the patient chose

not to disclose any parental influences on their eating habits which may influence their lifestyle and health.

There are recommendations for the lifestyle and behaviour management options for patients with obesity or the ones that are at risk of developing obesity. The primary recommendation is diet including fruits, vegetables, lean meat, low-fat products such as low-fat dairy products, and general other sources of protein. It is highly recommended that the food is only taken when it does not have a high calorie intake and foods with low nutrient level must also be avoided. In terms of behaviour, patients can set realistic goals for the maintenance or production of weight loss where they should expect a weight loss of 0.5 to 1 kg per week. Generally, regular exercise or constant combination of proper diet and active walking can help patients to gradually lose weight over time.

In conclusion, the prevalence of obesity is observed in countries such as the United States and as well as that the United Kingdom. BMI is an index that is used for the realistic measure of body mass to see whether or not people are in their normal weight, overweight, or obese. My personal research showed that individuals are willing to improve upon their eating habits but may have unsuitable diets, unrealistic expectations or not enough information on how to proceed. The research included teenagers and adolescents between 15 and 19 years old. Recommendations generally include regular exercise, proper diet and realistic goalsetting.

This concludes my poster presentation.