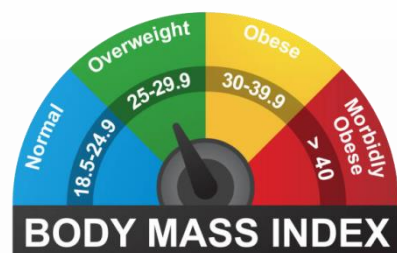


Programme: BSc (Hons) Health and Social Care Level 5
Module: Introduction to Physiology {BMHP5003}
Assignment Title: Poster Presentation on 'Obesity'
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OBESITY

The words '**obese**'/'**obesity**' originated from the Latin verb 'obedere,' means 'to overeat,' and 'obesitas,' which means 'to be very fat.' (Baldwin, 2010)

Obesity and overweight are both described as abnormal or excessive fat build up that poses a health concern. Overweight is defined as a BMI of 25 or higher, while obesity is defined as a BMI of 30 or higher. (WHO, 2021)



$$\text{BMI} = \frac{\text{Weight in KG}}{(\text{Height in M})^2}$$



Causes and Risk factors

Generally, obesity is a result of eating excessively and exercising insufficiently. However, obesity is typically the consequence of a combination of causes and factors (NHS, 2019) (CDC, 2020)

• Unhealthy Food and Drink



• Inactive lifestyle



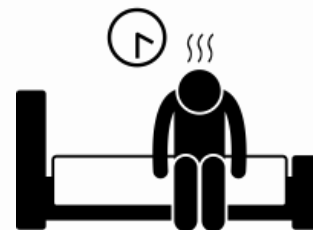
• Certain medical conditions and medicines.



• Age



• Family inheritance and influences



• Sleeping disorder



• Pregnancy



• Stress

Case Study

Patient A is a 48-year-old female who is 173cm tall. Her BMI is 31.5, which indicates that she is obese. The causes for the patient's obesity may be immediately discovered by examining her background, lifestyle, eating and drinking habits. She lives on unhealthy diet (meat, fries, and chips), consumes too much alcohol (NHS, 2019), and does not exercise; all of these are significant risk factors for her obesity. She also mentioned her hectic work schedule, which often can causes stress and does not allow her to engage in physical activity. Certain obesity-related diseases in her family suggests that she may have inherited some genes that contributed to her condition.

Recommendations:

Because obesity is mostly caused by an unhealthy lifestyle, the following are recommended (NHS, 2019):



• Replace her unhealthy eating habits with a nutritious, well-balanced diet.



• Avoid foods high in fat and sugar.



• Reduce her weekly alcohol consumption



• Physical activity or workouts should be encouraged



• However, before beginning any weight-loss programme or using any medication, the patient should consult with her doctor

Some Facts

- Overweight and obesity are the fifth greatest cause of death worldwide. Every year, at least **2.8** million people die as a consequence of being overweight or obese. (EASO, 2021)
- More than **650** million people were obese in 2016. In all, about 13% of the world's adult population (11% of men and 15% of women) and approximately 340 million children and adolescents aged 5 to 19 were overweight or obese. (WHO, 2021)
- Obesity has been linked to 217.6 million instances of diabetes, 307 million cases of hypertension, 11.7 million cases of cardiovascular disease, and almost 500,000 cases of cancers (Federation, 2020)

Effects of Obesity

Physiological

Obese people are at a higher risk for a variety of severe illnesses and health problems, including the following (CDC, 2020):

- Death from any cause (mortality)
- High Blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high triglyceride levels (Dyslipidaemia)
- Diabetes type 2
- Heart disease
- Stroke
- Gallbladder dysfunction
- Osteoarthritis
- Sleep apnoea and
- Breathing difficulties
- Pain and difficulties
- Many kinds of cancer



Social and Psychological

- Poor life quality
- Clinical depression, anxiety, and other mental illnesses.

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