

Obesity

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Module name: Introduction to Public Health

Module code: LCHS4004

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2.Introduction

The disease choice for this report is Obesity. This disease is defined as abnormal or excessive fat accumulation that is a risk to the carrier's health (NHS, 2023). There are many types of obesity being categorised into classes, the first one being at low risk to slowly ranking up to middle and the final class being the biggest at risk. The epidemic of obesity causes at least 2.8 million deaths globally each year (WHO, 2021). Obesity continues to affect a large number of children and adults around the world due to poor diet, overindulgence and eating disorders. It is necessary to be very careful with the accumulation of body fat and the consumption of sweets to prevent the body mass index, the public health measure, (BMI), to go over 25 which will cause someone to be considered overweight and to prevent to go over 30 which is going to cause someone to be considered obese (NHS, 2022). In 2022, it was found that worldwide, more than 1 billion people are obese (WHO, 2022), this shows that the healthcare system has a lot of work to do to tackle this growing issue yet easily preventable. In 2021, it was estimated that in England 25.9% of adults are obese (UK parliament, 2023). These statistics show that there are more people becoming obese as it usually has a start in childhood and is highly influenced from the household they lived in and could be passed onto future generations and those surrounding them by things such as regular diet and physical exercise being in absence.

Many of the causes that can lead to obesity can develop over time in your body when you consume higher levels of calories than normal. When you eat healthy food, your energy levels are regulated, whether you are tired or not tired. In case of fatty foods, they only cause weight gain, fatigue and laziness. All of this will contribute to making you obese. In the present days, people are not interested in cooking home-made food, for the reason that there is fast food everywhere and is one of the biggest influences outside, they also buy ready-made food in the supermarket which is full of fat and sugars. We can also see processed foods being consumed a lot more within people as a result of it being a cheaper option and a faster one as well, as a result, they become some big sources of fat and excess sugars for the body (NHS, 2020). All of these are a reason why there is a growing number of obese people in the UK and worldwide suffering. Apart from that, there are more causes of obesity, especially in adults such as stress (UCL, 2017) or under anti-depressants, people consume a lot of calories, some over the regulated daily intake and do not do any activity to prevent and burn off the weight gain which leads to several risks of contracting other diseases. Children are the ones that are in all likelihood to suffer from this due to their bodies still in development and by the means of being obese, they are most likely to continue this way growing up and influence their own future children. These would all most likely be caused due to poor diet levels and lack of physical activities leading to excess weight. Children are currently consuming more than the recommended daily intake of sugars, the majority of it being in drinks. All of these are another contributing factor to weight gain, to combat this, exercise and a diet review is the best advised approach.

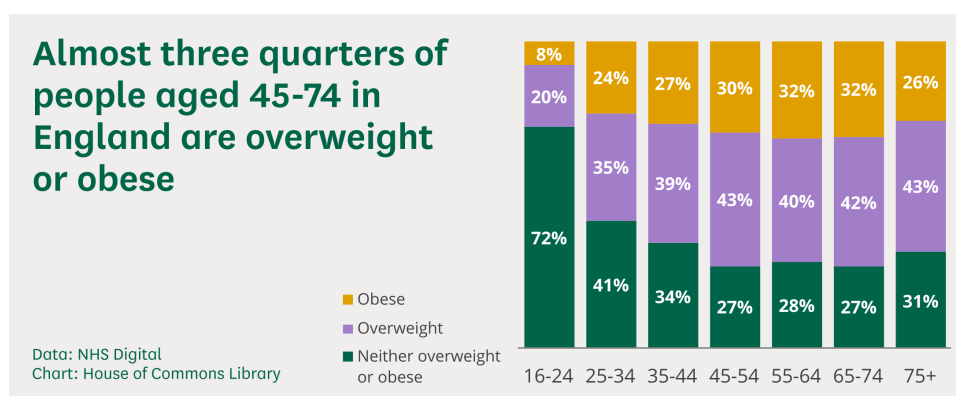


Figure 1: Adult Obesity Data (UK Parliament, 2023)

3.Long-term effects in health setting

Long-term health consequences (described as a delayed or prolonged response after an action) related to obesity consists of many different effects which include other diseases such as heart disease, type 2 diabetes, stroke, musculoskeletal disorders, cardiovascular disease, and cancers (NHS inform, 2023). Obesity can be the main pathway to life-threatening diseases such as an effect on the lungs, obesity causes a mechanical compression on the diaphragm and the chest cavity which over time leads to restrictive pulmonary damage which then leads to asthma and similar symptoms such as wheezing and airway hyperresponsiveness, this is classified as long-term but it also has its share in immediate reactions which are short-term. All of these are also a cause of risks to premature deaths. In a condition of someone accumulating fat and becoming overweight not only affects the person suffering alone, but the people around them, namely, people close to the affected person, friends, and mainly family which could be facing many problems, for example, the healthcare system costs being over budget in view of the fact that they may be high to some patients but also motivates them on the journey to combat the disease which is easily preventable. In England, there are high numbers of people that are overweight or obese with the statistics of in between the time period of 2019/20 there were over 1 million admissions to NHS hospitals and obesity being the main or secondary reason for it (NHS Digital, 2021). The statistics show partially the severity of the situation in the UK for the population and the health system which is suggested that is still going to get worst. Each year the NHS spends over £6 billion on the disease, and this is expected to rise to more than £9.7 billion per year by 2050 (GOV.UK, 2022) and this could be due to the fact of campaigns, treatments and support to patients which the health care system is going to provide. Since there is an estimate that the spending of the NHS is going to increase, it means that the number of the population with obesity is also going to increase; 60% of men and 50% of women is the approximate estimate of the obese population by 2050 (GOV.UK, 2007). Obesity risks can also come from childhood by high blood pressures and high cholesterol rates affecting their lives as they age and become older. Type 2 diabetes for example, is one of the biggest risks that younger people face if they do not lose weight and are most likely to develop as they age closer to mid-age and develop other health problems affecting the liver due to more fat being stored there, orthopaedic problems due to bones still in development having to carry and support extra weight and sleep apnoea which are all long-term effects carried from childhood up to their current stage.

4.Short-term effects in health setting

Short-term health effects (A response that happens almost immediately or shortly after an activity or action) in people are shortness of breath during routines or activities, complications with blood pressure, high cholesterol, inflamed knees and joint pain on mobility as most of the time movements are done with lots of difficulties. This is due to the patients' body burning fewer calories than is required and the metabolic system becoming low resulting in increasing weight gain (NHS inform, 2023). Most of the people that suffer with obesity will have these symptoms occurring to them on a daily basis or after constant movement. These symptoms show the immediate effects that obesity causes in an individual which can then turn into a long-term effect for the patient as they would be limited to do certain activities or routines such as for example: going to work. These can also turn into a long-term effect for the health system as there will be more patients with the same disease meaning the NHS would need to invest more money in order to tackle the issue.

5.Key determinants and risk factors of obesity

The key determinants of obesity are factors that contribute to the development of unwanted weight gains, these can include eating too much fast food or large quantities of processed foods that are high in sugars and fats, also drinking too much alcohol and fizzy drinks. All of these cause health problems if consumed more than they should be. Taking care of patients' lifestyle is an important factor for their health, they can do exercises for 30 minutes per day for 5 days a week (NHS, 2023) and do some activities for example cycling, fast walking and running to reduce and to remove the extra calories that the patients' body does not need. To prevent obesity, healthy foods are a key element to encourage people to improve their lifestyle and those surrounding them. A diet rich in vegetables is highly recommended that includes fruit and whole grains which brings the risk of obesity significantly low, on the contrary, a diet high in sugar, salt and fat

would increase the chances, so it is to be avoided. The main cause of obesity is eating more than your body capacity and moving too little, not burning the extra calories off, so exercise is an easy way to combat this. Overall, a diet is highly recommended, but the key point of what leads to the disease is what people eat and how much they eat is something people ought to forget. Majority of people want the healthy option when it comes down to food and drinks and to have the right information when offered deals and are not influenced by the unhealthy options surrounding them. However, many people struggle with this choice because most of the time they do not know what they are eating and go for the looks of the beverage or food and that is what leads coffee shops and stores to add an information label to the product to inform on what the product contains which is what is for the most part ignored and the larger number of the people miss out on.



Figure 2: Obesity Poster

6.Conclusion

To conclude this report, it is very important to talk about general health in view of the fact that people need to be aware of how to have a healthy lifestyle. Health is a state of complete physical, mental, and social well-being and not only the absence of a disease. Health should be a part of people's overall lifestyle. It prevents chronic diseases and long-term illnesses, taking care of your health also affects your self-esteem and how you manage your lifestyle. To maintain a healthy life, eating with a diet, not smoking, getting regular exercise, not drinking, avoiding fast foods and fizzy drinks is a way to keep a sustained metabolism and increase life expectancy. My opinion on this is that I think the government has a responsibility over the health of their people which can be fulfilled only by provision of adequate health and social measures. An example of this is obesity which was further explored in this report. The government provides money to the NHS so they can tackle the issue of obesity within the people as this disease alone, affects the economy and the general well-being of the people and by having this disease, consequences come from this, and people are deprived of feeling and doing things a healthy person can experience and have unimaginable

difficulties as part of their daily lives which should be dealt with so they can overcome this disease and become healthy again as one should.

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