

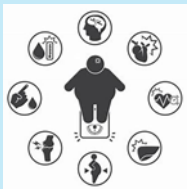
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**Module Title: Introduction to
Physiology (BMHP5003)**

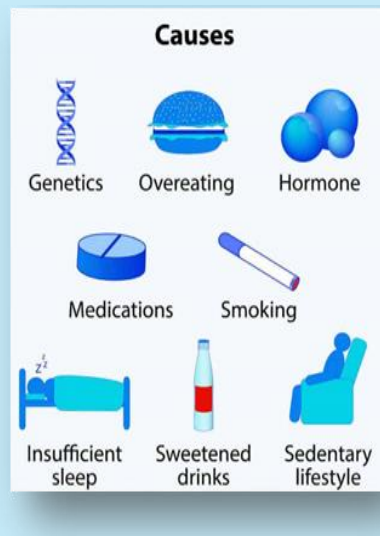
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OBESITY



OBESITY: WHAT IS IT?

Obesity is defined as a condition that describes a person that has excessive body fat or is extremely overweight. A body mass index or BMI of over 30 is considered as obese. 1 in every 13 deaths in Europe are obesity related. (Baker, 2019)



TREATMENT

There is no fast way to treat obesity. Commitment, time, and determination are key in any weight loss stage. It is also important that the patient is kept encouraged during this stage whether it be by family or friends or by their healthcare professional. (NHS, 2019) The most common and efficient way to combat obesity is to lose weight by dieting and exercising regularly. It is also good to avoid overeating and asking sure to stop eating when full.

CAUSES

Causes of obesity are not just limited to overeating on unhealthy foods and consuming more calories than are burnt off through physical activity. Factors that may also lead to this condition include genetics, eating cheap, high calorie foods, hormones, insufficient sleep, and spending much of your time seated. Underlying conditions can also contribute to becoming obese such as have an underactive thyroid gland. (Bradford, 2019)



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