

Module: Introduction to Research – BMHP5005

Obesity effects on adults and elderly patients
during the Covid-19 Pandemic

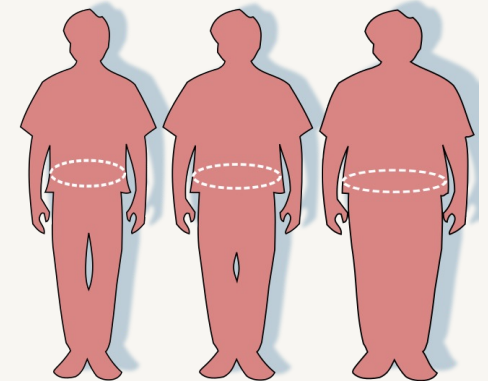
Assessment 2: Viva Voce

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OBESITY – literature review

Weight gain that is abnormal or excessive and poses a risk to health is what is meant by the terms "overweight" and "obesity."

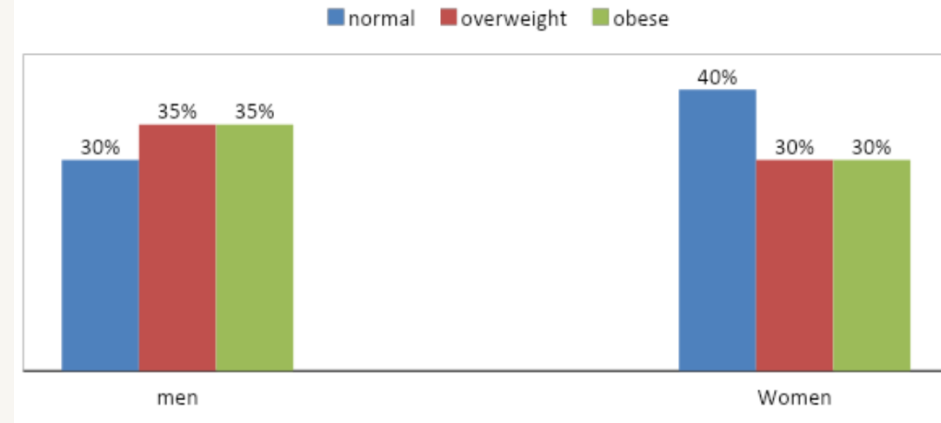
Overweight is defined as a body mass index (BMI) of 25, and obesity as a BMI of greater than 30.



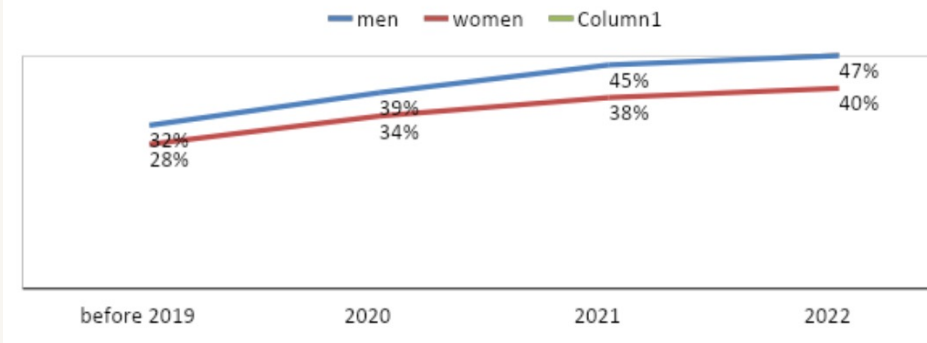
Introduction

- Obesity being a big issue in the United Kingdom
- Data used: secondary data
- Literature review is used to better understand the research question
- The method used serves as a map and framework
- Findings are explained and suggestions are offered

men and women BMI Ratio In UK



obese and over weight ratios



Aims

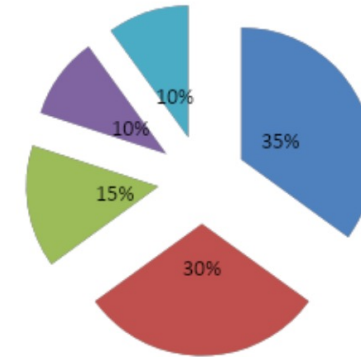
- To find out whether obesity is a problem that hampers the human life of people in the UK.
- To investigate the negative impact of obesity on the human life of the people of the UK.

Objectives

- Find the ratio of obese people
- Investigate medical problems
- Social problems' consequences
- Impact of obesity on human life

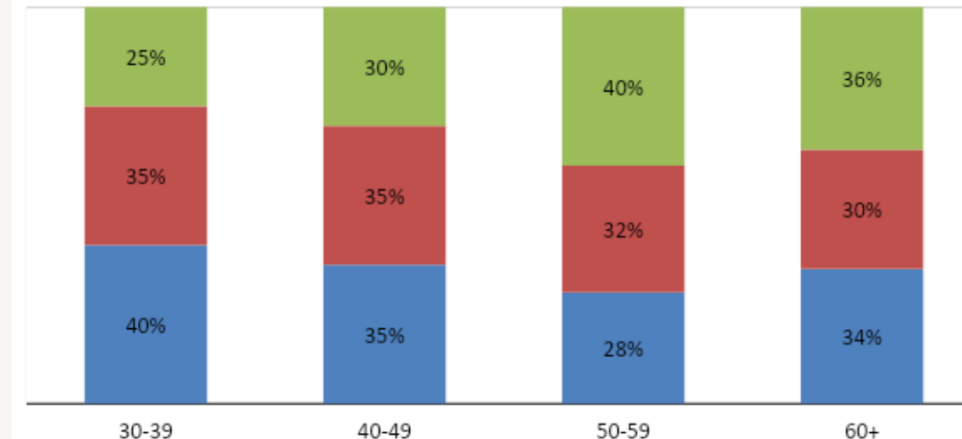
medical base problems for obesity

■ diabetes ■ high blood pressure ■ heart diseases ■ breathing problem ■ disabilities



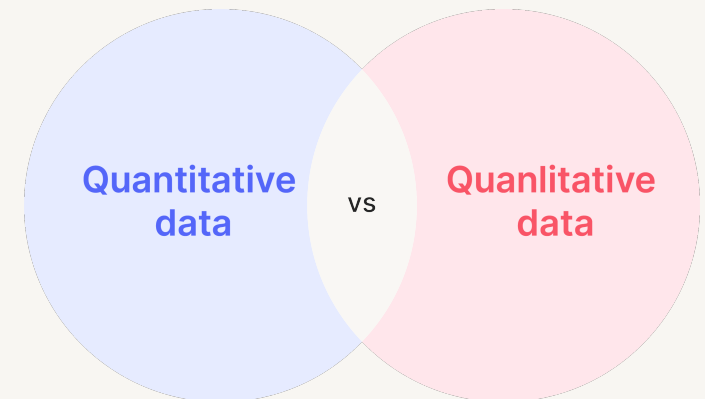
Ages based BMI in UK

■ Normal ■ overweight ■ obese



Method

- Qualitative and quantitative data
- Statistical and numerical data
- Pre-existing interviews, articles and investigations
- Secondary sources
- Key words
- Internal sources and external sources (Gov. statistics, internet etc.,)



Author, title, and year	Aim of the study	Method and sample size and characteristics	Summary of main findings
Björntorp (2010) “International journal of Obesity”	To empower the population to make health choices and reduce the risk of overweight and obesity related diseases.	Obesity: abnormal accumulation of fat in body. Obesity: great problem for people from all areas. - Qualitative data	Obesity is caused by overeating, lack of exercise, and a lack of a daily routine.
Acton's "Obesity" (2013)	To understand the causes of Obesity in 50+ population in the UK.	The research methodology has been taken to show the guideline and the framework of this research. - Qualitative and quantitative	• Social, physical, and mental problems are all exacerbated by obesity. • Obesity is stigmatized in society.
Harmon (2017) “Obesity”	To understand the responses of 50% of the population about putting weight during lockdown	Identifying factors associated with overweight and obesity -Qualitative and quantitative	• Anxiety. • Mental depression. • Sugar & Junk food main reason.

Results



Key Themes:

- 9% of men: BMI rises by 52%
- 13% of women: BMI rises by 58%
- 14% of population : obese
- People in their 40s and 50s are more likely to gain weight during the lockdown
- % risen up
- A medical issue that becomes acute during a lockdown is obesity.

- Lack of physical activity
- Mental depression
- Health problems: diabetes and high blood pressure
- Unhealthy diet: main reason
- Social: low wages and low job performance

(University of Leicester, 2022)

Recommendations

- Read up on the medical and social repercussions of obesity
- Efforts are being made to get around it
- Follow a regular routine, engage in physical activity, and keep a diet journal
- Government need to consider the effects of obesity and restructure health care services
- Evaluate the negative impact on the economy



Conclusion

- Obesity : major issue
- Lockdown influence on people
- Looked at what causes obesity
- Overview of books, magazines and articles
- Suggestions of solutions mentioned



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