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OBESITY



DEFINITION: according to NHS – Obesity is when an individual is extremely overweight, with a lot of body fat.

Adults with a body mass index of 30 or above are considered obese. {NHS,2019}

PHYSIOLOGY: obesity affects the body immensely affecting the

Respiratory system: excess amount of fat around the neck makes the airway too small which causes breathing difficult during the night this is known as sleep apnea breathing may stop for a short period of time for the individual.

Digestive system: fat builds up around the liver which leads to liver damage, scar tissue, and even liver failure. {HEALTHLINE,2005}

Causes and risk factors: its crucial to take steps to prevent obesity because, not only does it affect the individual physically, it also can lead to several serious and potentially life – threatening issues.

CAUSE: obesity is normally caused by the intake of more calories especially those in fatty and sugary foods if not burned off through exercising the energy is then stored by the body as fat.

RISK:

- Type 2 diabetes
- Stroke
- Coronary heart disease
- high blood pressure
- high cholesterol
- sleep apnea

Patient A – DOB – 1 January 1976

BP – 114/90 exercise: cannot exercise because of disability.

Height- 1.60 diet: eat a mixture of regular chips and fries.

Weight: 80KG

According to the questionnaire my patient is at a high risk of developing obesity firstly because they have a body mass index {BMI} of above 30 also my patient has stated that they consume a lot of fatty oily food without any daily movement during their day.

Intervention: since my patient is unable to exercise, I would advise them to start to

1. Eat a healthy reduced calorie diet.
2. Include small activities that require them to move such as Fast walking, tennis, or swimming.
3. they should swap out the fries for fruits and vegetables as well as legumes, nuts, and whole grains.

Speaker notes:

- I further expanded on the definition of obesity and how it affects the population of the UK.
- Further example: The physiological affect obesity does to the human body.
- what causes obesity and why its important to live a healthy lifestyle, so you do not suffer the consequences later.
- According to the lifestyle questionnaire – discussed about how I can help my patient better their health with a few lifestyle changes. Such as incorporating daily exercise during their day instead of just sitting at home with no movement at all.
- the risk of being obese and how being obese comes with a lot of serious health issues.

References:

<https://www.nhs.uk/conditions/obesity/>

<https://www.cdc.gov/obesity/index.html>

<https://www.bhf.org.uk/informationsupport/risk-factors/obesity>

<https://www.who.int/health-topics/obesity>

<https://www.healthline.com/health/obesity>

