

ASSESSMENT 2- REPORT

RESIT/REWORK

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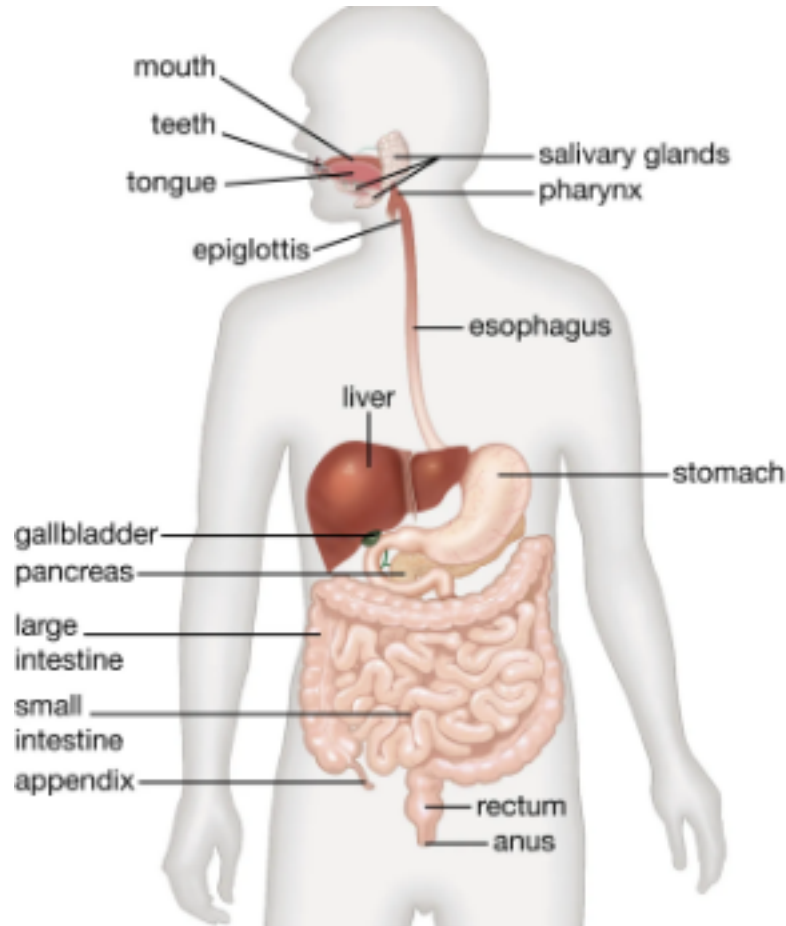
Introduction

Obesity is a significant health concern worldwide, and it is particularly prevalent in the World Health Organization's European Region, where it is the leading cause of disability. In several nations, current trends suggest that obesity may soon overtake other risk factors to become the leading cause of cancer. In addition to physical health concerns, obesity is also linked to mental health struggles (EuroHealthNet, n.d.). By 2030, it is estimated that there will be 2.16 billion overweight adults and 1.12 billion obese individuals worldwide if present trends continue (Kelly et al., 2008). In the UK, obesity rates are increasing, and it is more prevalent in less affluent areas where it is associated with a range of health issues (health.org.uk, n.d.). The global obesity epidemic is a significant threat to medical resources, and it requires urgent attention (Bray, 2004).

Measuring morbidity and mortality related to obesity can be done using various methods. Body mass index (BMI) is commonly used to diagnose overweight and obesity. However, waist measurement is a better indicator of metabolic diseases such as diabetes, hypertension, and dyslipidaemia (Australia, 2021). Since inadequate intake is the primary cause of obesity, the digestive system and food processing are closely related. The digestive system breaks down food into nutrients, such as proteins, lipids, and carbohydrates, that are absorbed into the circulatory system for fuel, growth, and restoration. Waste products are eliminated through faeces (Australia, 2021).

This report aims to investigate the link between obesity and lifestyle choices by examining the anatomy and physiology of the digestive system. It will also explore the role of health and social care in promoting healthy lifestyle measures that comply with policies, procedures, standards, and laws. Additionally, the report will analyze the prevalence of obesity in different regions and its potential consequences, including its impact on mental health.

Anatomy and Physiology of Digestive System



(Dworken, 2018)

The digestive system comprises several organs that work together to convert food into a form that the body can absorb and utilize for energy. These organs include the mouth, oesophagus, stomach, pancreas, liver, gallbladder, small intestine, large intestine, and anus, and collectively, they run from the mouth to the anus. (Australia, Healthdirect, 2021). The mouth, also known as the oral cavity, is equipped with teeth that crush food and a tongue that mixes food with saliva. From there, the food passes through the throat, also known as the pharynx, and into the oesophagus (Dworken, 2018). The stomach then receives the food, where it is further broken down by gastric juices secreted by the gastric glands in the stomach lining. The small intestine is the next stop for the partially digested food. It consists of three parts: the duodenum, jejunum, and ileum. Here, enzymes from the pancreas, liver, and small intestine itself continue to break

down the food into smaller molecules that can be absorbed into the bloodstream. The large intestine, made up of the cecum, colon, and rectum, absorbs water and electrolytes from the remaining food matter. The non-digestible wastes are then eliminated through the anus. The salivary glands, pancreas, liver, gallbladder, and bile ducts all contribute digestive fluids to promote the physical and chemical breakdown of the food. These organs and glands work together to facilitate the digestion process, transforming the food into a form that can be absorbed and converted into energy by the body. In summary, the digestive system is a complex network of organs and glands that work together to break down food and convert it into energy. This process is essential for the body to function correctly, and all the organs and glands involved play a critical role in ensuring efficient digestion (hopkinsmedicine.org, n.d.).

Obesity

Adipose tissue, or body fat, which is the pathophysiology of obesity, increases. This illness is more than just an aesthetic issue. It is a clinical issue that poses a significant threat to the development of other illnesses, including those linked to the heart, diabetes, high blood pressure, and several types of cancer. Along with food and lack of exercise, the causes include physiological genetic, and environmental variables (Mayo Clinic, 2018).

An underactive thyroid and Cushing's disease are two medical diseases that may increase the risk of being obese, and also some individuals inherited a huge appetite from their relatives. Furthermore, some pharmaceuticals, including some corticosteroids and antidepressants, can contribute to weight gain. The notion that fat is brought on by a slow metabolism, however, is not supported by scientific research. The vast majority of the time, it can be avoided (omron-healthcare.co.uk, n.d.).

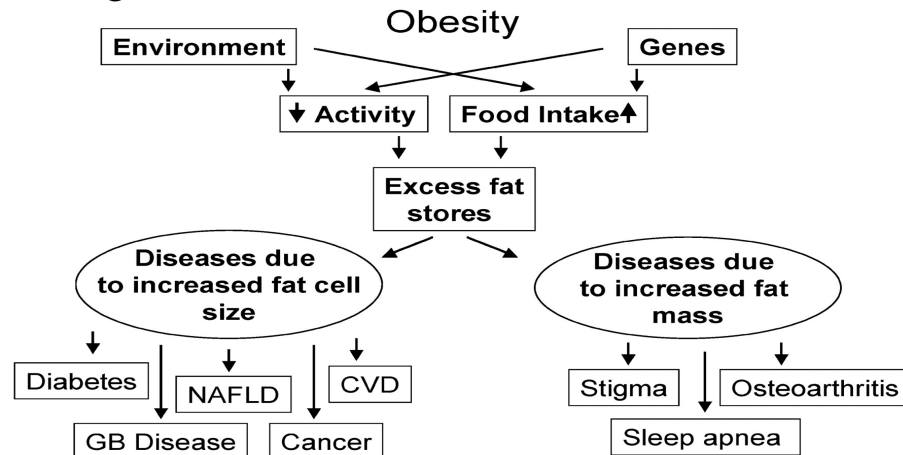
BMI (Body Mass Index) is a measurement of a person's weight in relation to their height. An adult's typical BMI is, healthy weight range is between 18.5 and 24.9 overweight if is 25 to 29.9 and 30 to 39.9 indicates obesity and BMI of 40 or higher indicates extreme obesity (NHS, 2019).

A significant public health issue is childhood obesity. Obese children are more likely to develop chronic illnesses that endure into adulthood, such as high blood pressure, high cholesterol, and diabetes. The government unveiled Childhood Obesity: A Plan for Action in 2016, which outlined a series of initiatives with a primary focus on lowering

sugar intake and raising children's levels of exercise. The government goal was to "reduce obesity in children and eliminate the obesity difference between children from the most and least poor districts by 2030," according to an update to the action plan that was issued in June 2018 (Nuffield Trust, 2019). The rise of obesity is a direct result of the drastic lifestyle shifts we've experienced in recent years. These comprise, more people owning and using cars, more people are eating out and ordering takeout than they are preparing meals at home, Increased food portions, Affordable manufactured foods with a high amount of sugar are readily available, increased use of industrial robots and other mechanized devices as well as laptops at work and at home. the international migration from rural to urban places(omron-healthcare.co.uk, n.d.).

Obesity can be classified into two categories the first results in osteoarthritis and sleep apnea due to the increase in fat mass brought on by the behavioral reactions it causes. The second is a result of the dangers brought on by the metabolic modifications brought on by too much fat. These include several types of cancer connected to being overweight, diabetes mellitus, gallbladder disease, hypertension, cardiovascular disease, and others (Bray, 2004).

Pathogenesis of Health Problems Associated with Obesity



(Bray, 2004).

Health and lifestyle routine measures

To maintain a healthy lifestyle and decrease the risk of obesity, there are a number of recommended measures to follow.

- Firstly, it is advised to follow a healthy, calorie-controlled diet under the guidance of a specialist dietician or GP who specializes in weight management.
- Secondly, participating in a neighborhood diet group can also be helpful.
- Additionally, it is recommended to engage in 150-300 minutes of intense physical activity such as walking, running, swimming, or tennis each week.
- It is important to eat moderately and avoid situations that may lead to overeating.
- Furthermore, receiving psychological support from a qualified healthcare professional can be beneficial in changing one's eating habits and relationship with food.
- In some cases, medication may be suggested if lifestyle changes alone are not successful in achieving weight loss. In specific circumstances, weight loss surgery may be recommended.

It is noteworthy that even a small amount of weight reduction can have a significant impact on preventing or reducing health issues associated with obesity. A combination of a healthy diet, regular exercise, and behavioral adjustments can facilitate weight loss.

Health and Social Care Practice

The NHS's goal for people who are overweight and want to reduce weight is to empower them to change and make the greatest choices for their health. The following are some of the main government policies:

- Tackling obesity empowering adults and children to live healthier lives

The main objective of this campaign, which debuted on July 27, 2020, is to inspire all obese individuals to take action and advance forward into a healthier lifestyle by providing them with tools and applications that are supported by research and offer guidance on how to lose weight without gaining it back. Also the NHS works hard to increase the number of weight management services that are accessible through the service network in order to direct the greatest number of individuals who require assistance in losing weight. (Department of Health and Social Care, 2020).

Related of regulations is requiring that all food vending businesses, including cafeterias, restaurants, and takeaways, with more than 250 employees, to label food with its calorie content, this regulations also intended at preventing supermarkets from approving marketing of products with high sugar and salt contents, as well as preventing the placement of these in areas that are visible to customers and may promote their acquisition (GOV.UK, n.d.).

- 5K Training Plan NHS

The 8-week 5K training programme is intended to push individuals, enhance general fitness levels, and develop the stamina necessary to run the distance. The 5k training plan works on general cardio and strength training to help increase muscle mass and stamina in addition to running. There are several advantages to running, including improved heart and respiratory health and weight loss when paired with a healthy diet. According to studies, running increases bone density, which may offer protection against conditions like osteoporosis. Benefits for mental health include preventing stress and depression (NHS, 2022).

- Childhood Obesity: a plan for action

This policy aims to lower the prevalence of obesity in children and adolescents in England between the ages of 2 and 15 over the following ten years. One of the things this strategy does is impose a tax on soft drink producers, The development of initiatives to promote healthy eating and exercise is the policy's second goal, Additionally, a strategy for lowering sugar in the foods that kids eat the most will be developed. Support cutting-edge technological initiatives that encourage a healthy diet,

Bonus distribution to low-income families and the introduction of required physical education in primary schools (Department of Health and Social Care, 2017).

- Obesity and weight management for people with learning disabilities

This guide contains a wide range of initiatives designed to help caregivers, families, and professionals reduce obesity and overweight among people with learning disabilities, those are describing below:

For families and the broader public, NHS Change4Life offers support, activities, and practical guidance. Although it is not specifically for those with learning impairments, this website is helpful for healthcare workers to recommend to those with learning disabilities and their family caregivers since it has vibrant and interesting visuals and is written in clear English (GOV.UK, n.d.).

Nutritionist guidance regarding how to consider the lifestyles of the individual with learning disabilities , how to maintain a healthy balanced diet, and how to incorporate additional physical exercise if necessary are all a part of managing weight with a learning disability. There are also links to resources and movies (NHS, 2021). A new subject is covered in the 12 Month Challenge Workbook every month to assist individuals with learning difficulties learn more about healthy food, exercise, and behaviour modification while also motivating them to make tiny adjustments and track their success (Nationalarchives.gov.uk, 2016). Weight wise is an intervention programme for adults with learning difficulties that includes great advice and illustrations from some of the materials created for participants. Wheelchair-using individuals who want to lose weight are given dietary and exercise recommendations (nhs.uk, 2021). Wheelchair scales come with two informational pages for weighing individuals.

Recommendations

To effectively reduce sugar consumption, a well-organized strategy must be developed that includes education and information from all educational sectors, including nurseries, schools, and universities. It is crucial to monitor this initiative consistently and transparently to ensure that progress is being made.

To support this initiative, it is necessary to ensure that public facilities such as hospitals, hotels, community centers, and recreation centers adhere strictly to government purchasing requirements for food and beverages (Mayo Clinic, 2018).

In addition to this, it is important to encourage and inform individuals about the harmful impacts of sugar consumption. This should include healthcare professionals, businesspeople, food producers, industries, and the general public.

To support ongoing education about the advantages of a balanced diet and a reduction in sugar, it is vital that everyone working in the food and fitness industries receive appropriate training and information.

Lastly, promoting healthy food and beverage options and encouraging children to make healthy decisions is a shared goal of the government, businesses, educational institutions, and the public sector. By working together to achieve these goals, we can create a healthier and more informed society (National Archives UK, 2016).

Conclusion

Being overweight and obese have far-reaching clinical and public health ramifications on a worldwide level. It is imperative for public health to prioritize implementing national initiatives for the prevention and treatment of obesity, overweight, and their associated comorbidities and fatalities.

Evidence shows that committing to a two-year weight loss program leads to sustained positive outcomes such as lowered blood pressure, normalized lipid levels, and reduced risk of developing hyperglycemia.

Furthermore, the quality of food ingested has a more profound impact on weight and obesity than the quantity of food consumed. Therefore, a healthy diet is a crucial factor in weight management and disease prevention.

Addressing childhood obesity at an early stage would have a significant impact on reducing the likelihood of adult obesity. Hence, it is essential to prioritize initiatives that promote healthy habits among children and adolescents to prevent obesity and its negative consequences later in life.

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