

E-PORTFOLIO

AUDREY ASANTEWAA BOANSI

2018137

LECTURER: DIOLA BIJLHOUT

MODULE: CHANGEMAKERS: CREATIVITY AND VALUE CREATION

(BMHP5014)

APRIL 2022

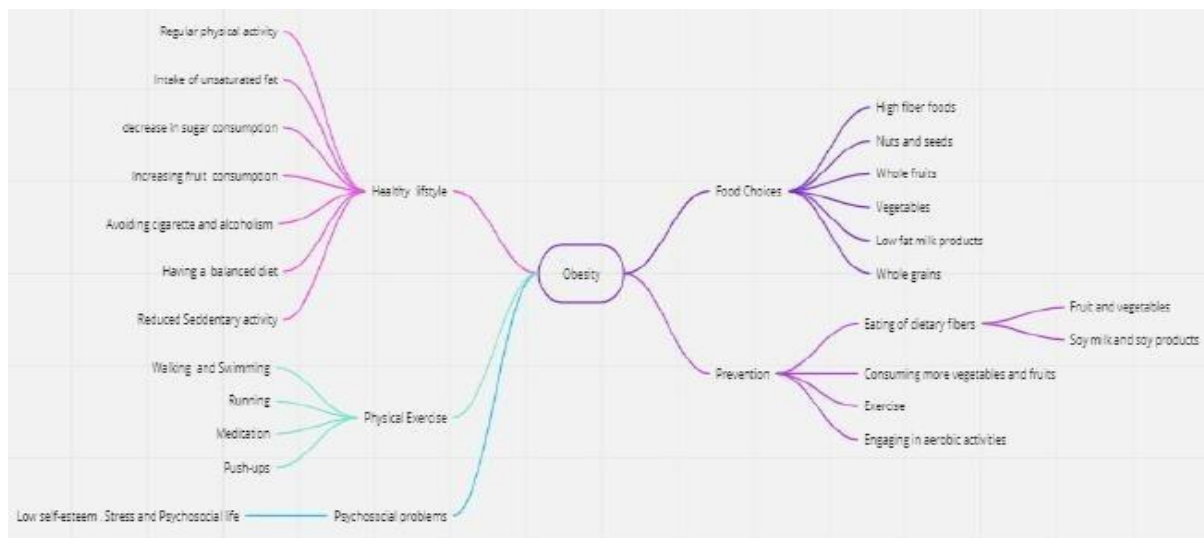
TABLE OF CONTENT

1. Introduction	Page 2
2. Artefact Task One: Mind map	Page 2 and 3
3. Supporting Comment	Page 3 and 4
4. Artefact Task 2: Blog	Page 4, 5 and 6
5. Conclusion	Page 6
6. References	Page 6 and 7

INRTRODUCTION:

In this e-portfolio a mind map and a blog will be presented to support on obesity that will be followed by assisting text. The mind map will allow the support of learning and it will also improve the recording of the information. How the thoughts and ideas related to each other have also represented in order to effectively generate awareness about the rate of Obesity is on the rise at a frightening rate in the UK. How these issues affect the productivity of the country will also be explored. Obesity can effectively increase the diabetes among the patients. Diabetes can also be worsening due to obesity. Health condition of a person can be effectively deteriorating due to obesity and can be a cause of death as well. It can lead to high LDL cholesterol, and it can effectively lead to coronary heart disease as well (Burton et al., 2021). Providing an efficient mind map related to obesity that will explain the possible cause of obesity and it will also provide the lifestyle that is required to be followed by the individual in order to get relief from obesity (Nikiphorou et al,2018). The food choice that is required by a person to improve their lifestyle has also been explored by the individual (Brooks and Edwards, 2018). The process of prevention of the disease has also been effectively explored in the study. The physical exercise that is required to be followed by the individual in order to get rid of obesity has also been explored in the study. In the next part an effective blog has also been created in order to describe the cause and effect of the disease

ARTEFACT TASK 1: MIND MAP



SUPPORTING COMMENT: The Mind Map is effectively showing the 5 factors associated with obesity. These 5 factors are healthy lifestyle, physical exercise, psychosocial problems, food choices, prevention and so on. In order to effectively avoid obesity several physical exercises are required to be practiced by the people. This physical exercise should include running, meditation, walking, swimming, push ups and so on. Mind map has also shown several psychosocial problems such as psychosocial life, stress, low self-esteem and so on. That is why maintaining a healthy lifestyle and food choices are very important. For maintaining effective healthy lifestyle, the person needs to enhance their regular physical activity. The person also needs to intake unsaturated fat and the also need to have a decrease in sugar consumption. The person also needs to avoid alcoholism and cigarettes and so on. The person also needs to reduce sedentary activity. To prevent obesity the person needs to dietary Fibers such as vegetable fruits, soy milk, soy products and so on. The food choice of the person should also be effective as they need to consume high Fiber fruits, whole fruits, vegetables, whole grains and so on. Effective steps can be followed by the individual to avoid processed foods. The individual needs to reduce their sugar consumption (Blüher, 2019). Total body fat can also be decreased by doing exercise (Caussy et al., 2020). The main cause of developing obesity is consuming too much fat, sugars and high amounts of energy (Jaacks et al., 2019). To effectively prevent the disease several societal and personal choices changes are required. More than 2.8 million deaths occur in every year due to obesity (Nikiphorou et al., 2018). Obesity is also effectively associated with morbidity

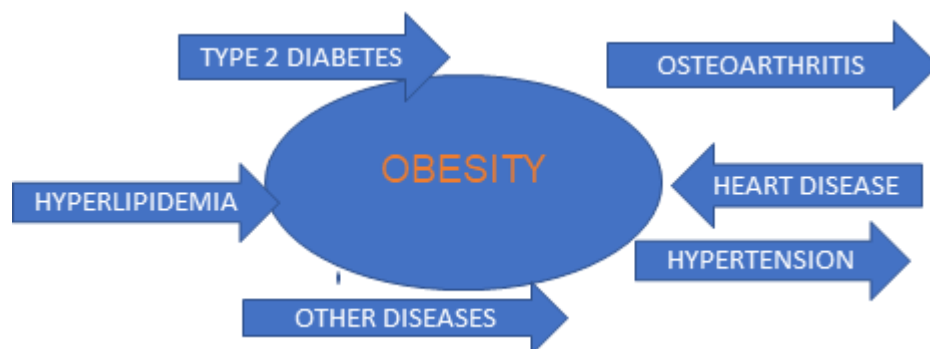
(Panca et al., 2018). Obesity can also lead to depression and morbidity (Hughes et al., 2021). Obesity can increase several metabolic syndromes such as high blood cholesterol, diabetes mellitus type 2 and so on (Nikiphorou et al., 2018). Excess body fat is one the reason why men develop diabetes among them. Excessive intake of food energy is one of the biggest causes of obesity and people need to engage themselves more and more in physical activities (Halford, 2021). Assortative mating can also be a cause of the disease. Several studies are also showing evidence there is a link between insufficient Sleep and obesity (Panca et al., 2018). Endocrine disruptors can be considered as a cause of this disease as well. Later stage pregnancy can also cause problems. Deficiency of growth hormone can also effectively increase the chance of developing obesity among the people (Monsivais et al., 2018). The people who are having psychiatric disorder can effectively increase the chance of developing obesity. Obesity can effectively increase the composition in the body (Nikiphorou et al., 2018). Obese people have less control on themselves (Panca et al., 2018). Obesity is also growing among the children as in the UK more than 11% people are considered as obese (Monsivais et al., 2018). Children with obesity can also have several other diseases such as fatty liver disease, hyperlipemia, diabetes hypertension and so on (Nikiphorou et al., 2018). Consuming too much fat and sugar can also cause overweight. Children's also need to change their eating habits. Food addiction and effective consumption of food is the reason why obesity is very common among the people in the UK (Panca et al., 2018). Obesity can also be developed due to several medications and insulin. For getting rid of the disease people need to effectively create a good practice of food habits.

ARTEFACT TASK 2: BLOG



From the trend of the society in the UK it can be stated that the rate of people suffering from obesity is increasing at an alarming rate. That is why it is the responsibility of every blogger

to promote healthy lifestyles. The main idea of this blog is to present the ways in which obesity related issues in the UK can be prevented. The idea behind this blog is to effectively explore the ways through which the number of obese people can be effectively reduced in the UK. In addition to this, the blog also aims to advance the value of life of the people in the UK and it will also demonstrate the food habits that should be adopted by the people in order to effectively enhance the lifestyle of the people. The productivity of people due to obesity is also decreasing due to it. Several reasons can be stated why the rate of obesity is increasing in the country (Upadhyay et al, 2018). As a blogger it is very important to implement an effective idea to prevent obesity and to do this is by creating awareness program to change the habits of the general people in the country. Weight management programs should be carried out in order to prevent the disease. (Weihrach-Bluher and Wiegand, 2019). Special diet charts should be given to help the people suffering from obesity. When a person reaches adulthood, it is extremely unlikely that they would regain their initial body weight. The quality of life can also be reduced as it also leads to stroke, heart diseases, cancers and so on. It can also lead to coronary heart problems.



Older aged people are more likely to be affected by obesity than younger adults (Upadhyay et al, 2018). The people need to drink green tea as it enhances burning of fats and weight loss. Several reports have mentioned that green tea can enhance the expenditure of energy by approximately 5% and it can also enhance selective burning of fats by 17% (Weihrach-Bluher and Wiegand, 2019). There are several reasons why people are having belly fats. These reasons are stress, poor lifestyles (Rauber et al, 2020).



These people need to improve their nutrition in order to successfully lead their life. Several foods can be taken by the individual that will help them to effectively control obesity (Viner et al., 2020). Various public awareness programs should be implemented in order to raise knowledge about the dangers of obesity.(Rauber et al,2020). As a result, all people in the UK can sustain their quality of life in order to properly control obesity, as detailed in the blog

CONCLUSION:

Obesity is a complex disease that involves too much body fat. It can be considered as a medical problem. Eating too much can effectively cause obesity and it can also be prevented by taking effective measures. Several exercises can be taken to overcome obesity such as interval training, yoga, weight training, walking, running, swimming and so on. The food habit of the person is also required to be changed in order to effectively recover from obesity. The task has effectively explored the blog and a mind map has also been effectively explored in the study.

REFERENCES:

1. Bluher, M., 2019. Obesity: global epidemiology and pathogenesis. *Nature Reviews Endocrinology*,15(5), pp.288-298.
2. Burton, Z.A., Lewis, R., Bennet, T., McLernon, D.J.,Network, P.A.T.R.,Engelhardt, T.,Brooks, P.B. and Edwards, M.R., 2021. Prevalence of PErioperAtive Childhood obesity in children undergoing general anaesthesia in the UK: a prospective, multicentre, observational cohort study. *British journal of anaesthesia*, 127(6), pp.593-961.
3. Caussy, C., Wallet F., Laville, M. and Disse, E., 2020. Obesity is associated with severe forms of COVID-19. *Obesity* (Silver Spring,Md).

4. Hughes, C.A., Ahern, A.L., Kasetty, H., McGowan, B.M., Parretti, H.M., Vincent, A. and Halford, J.C., 2021. Changing the narrative around obesity in the UK: a survey of people with obesity and healthcare professionals from the ACTION-10 study. *BMJopen* , 11(6), p.e045616.
5. Jaacks, L.M., Vandevijvere, S., Pan, A., McGowan, C.J., Wallace, C., Imamura, Mozaffarian, D., Swinburn, B. and Ezzati, M., 2019. The obesity transition: stages of the global epidemic. *The lancet Diabetes and endocrinology*, 7(3), pp.231-240).
6. Monsivais, P., Francis, O., Lovelace, R., Chang, M., Strachan, E. and Burgoine, T., 2018. Data visualisation to support obesity policy: case studies of data tools for planning and transport policy in the UK. *International journal of obesity*, 42(12), pp.1977-1986.
7. Nikiphorou, E., Norton, S., Young, A., Dixey, J., Waalsh, D., Helliwell, H., Kiely, P. and Early Rheumatoid Arthritis Study and the Early Rheumatoid Arthritis Network, 2018. The association of obesity with disease activity, functional ability and quality of life in early rheumatoid arthritis.
8. Panca, M., Viner, R.M., White, B., Pandya, T., Melo, H., Adamo, M., Batterham, R., Christie, D., Kinra, S. and Morris, S., 2018. Cost-effectiveness of bariatric surgery in adolescents with severe obesity in the UK. *Clinical obesity*, 8(2), pp.105-113.
9. Rauber, F., Steele, E.M., Louzada, M.L.D.C., Millett, C., Monteiro, C.A and Levy, R.B., 2020.
10. Upadhyay, Farr, O., Perakakis, N., Ghaly, W. and Mantzoros, C., 2018. Obesity as a disease. *Medical Clinics*, 102(1), pp.13-33.
11. Weihrauch-Blüher, S. and Wiegand, S., 2018. Risk factors and implications of childhood obesity. *Current obesity reports*, 7(4), pp.254-259.