Prifysgol Cymru
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Programme: BSc (Hons) Health and Social Care Level 5

Module: Introduction to Physiology {BMHP5003}

Assignment Tittle: Obesity Presentation

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Obesity.

Definition: Obesity is defined as when a person is above their prescribed body weight. Essentially, if a person is above 20% of their recommended body weight, they are classed as obese. The recommended body weight is defined through their 'Body mass index' (BMI). It takes account of their height, age, sex and build. For majority of adults, the ideal body mass index is between 18.5 to 24.9 for a healthy weight. (Jay W Marks, 2021).

Causes and Effects: There are several causes of obesity, but the most common causes are consumption of fatty and sugary foods without burning them off through physical activities. This surplus energy is stashed in the body as fat. Obesity is a prevalent problem that is affecting a lot of people due to eating habits associated with modern living, eating quick and low-priced food with high concentration of fat and very limited amount of physical activity. (Anon., 2021). In my case study, the patient is 48 years old and a frequent smoker, she has high blood pressure of (180/90), does no exercise, and doesn't eat healthily, drinks more than average amount of alcohol and is overweight. Has history of heart problems in family. Father had a heart attack aged 68 and her sister has a history of high cholesterol.

Physiology: The physiological effect of obesity is huge in relation to how it affects the body and wellbeing. Obesity can cause death through diseases like high blood pressure (hypertension), type 2 diabetes, coronary heart disease, stroke and some types of cancer, like breast cancer and bowel cancer, (Anon., 2021)

Intervention: There are a variety of interventions/management options for dealing with obesity. Looking at my case study of the patient's lifestyles and choices, it evident that a lot of compromises needs to be done to improve her health. We know the following: A good and healthy diet is essential to combating obesity, regular exercise and portion control is vital in tackling obesity, (Anon., 2021). The patient will need better lifestyle choices with a comprehensive diet programme, reduced consumption of red meat, avoid smoking, eating less-fatty foods with high calorie count and less intake of alcohol, and an appropriate weight and better body mass index count will be beneficial to dealing with the patient in the case study. There has to be an improved exercise activity to burn the fatty substances in the body. These intervention plans can help the patient manage her obesity and regain an ideal weight.

References:

Anon., 2021. *NHS inform.* [Online]
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Anon., 2021. *Obesity - Causes..* [Online]
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Jay W Marks, M., 2021. *Medical Definition of Obesity.* [Online]
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Speaker notes:

In my analysis of this topic, I have defined 'Obesity' and the causes and effect to the body in relation to Physiology. I have also identified some diseases that can cause death through obesity like:

- Type 2 Diabetes
- High blood pressure (Hypertension)
- Coronary heart disease
- Stroke
- Cancer (breast cancer and bowel cancer)

The suggested intervention programmes that can help tackle obesity are regular exercise, healthy diets, stop smoking, less consumption of alcohol and controlled eating patterns (portion control during meal-time) and avoid fatty foods with high calorie count (starchy foods, fast foods etc) and some physical activities.

Studying the questionnaire of the case study, it is clearly evident that the patient's lifestyle choices are emblematic to her current state, and with heart problems in her family through (her father's heart attack) and her sister's high cholesterol levels, it would be beneficial for her to adopt a more healthier lifestyle and avoid illnesses associated to obesity. Obesity can be very dangerous and can lead to some very serious underlying health conditions as mentioned above.