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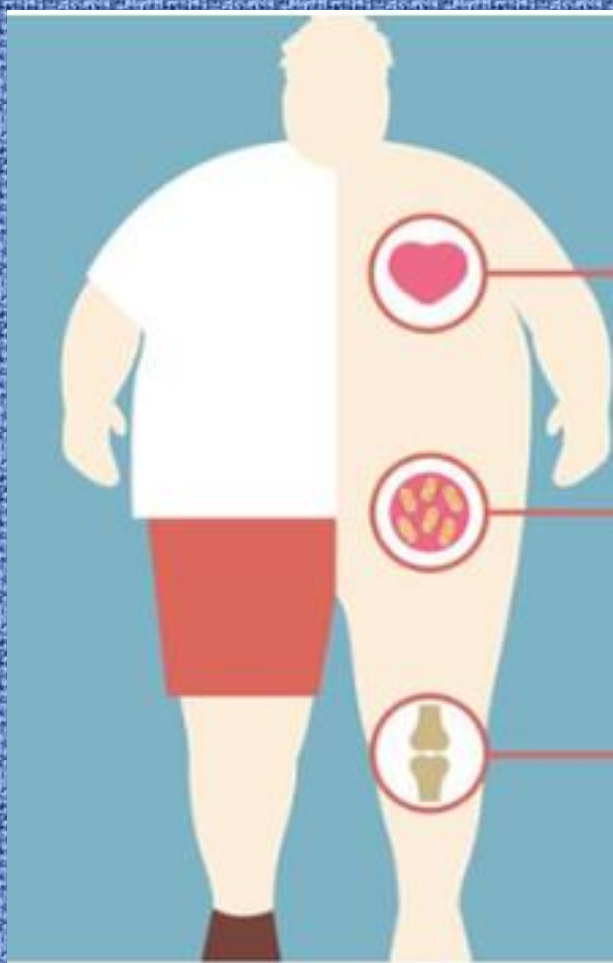
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The Prevalence of Obesity in Adults and Children.

What is obesity ?



The term obese describes a person who is overweight and has excessive body fat. It is a very common problem in the UK , 1 in every 4 person according to government data base is overweight as well as 1 in 5 children (NCMP) National Child Measurement Program) also being overweight (NHS UK). Obesity can be a very serious condition in your health and everyday life. Adults are generally considered overweight if the body mass index (BMI) is 30 or over. Obesity is usually caused by overeating lack of exercise and too much drinking . The main treatment for obesity is a low-calorie diet and an exercise plan. Less common treatment will be medication or surgery. Obesity can lead to many health issues such as strokes heart attack , high blood pressure and other medical conditions like metabolic syndrome (Metabolic syndrome is a medical term for a combination of diabetes and high blood pressure) all of those health issues together with obesity can be very dangerous (www.nhs.uk) , arthritis and even some types of cancer , sometimes it can be genetic as well. This photo has been added to the slide as it shows a general overview of the impact obesity can have on a person's body, things such as being overweight, impact on how the heart functions as well as how being obese effects the blood flow in the body.

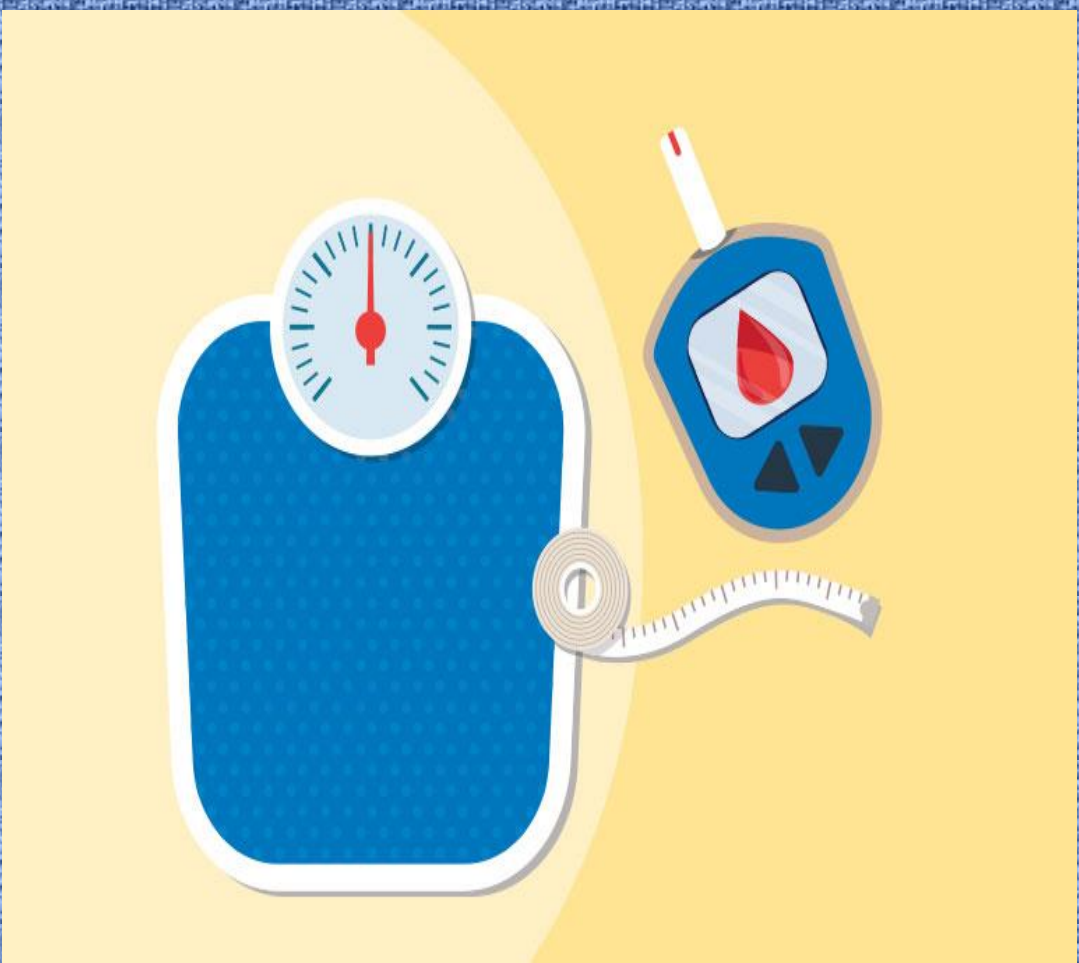
Social Effects of Obesity



I have chosen this image to show how obesity can affect people socially and psychologically. It shows that people can be discriminated from its workplace or any other public place due to their poor body image. Social disgrace can result in laziness , lack of will power , lack of moral characters,, bad hygiene , low level of intelligence and unattractiveness. Great disapproval , beliefs and ideologies can lead to stigmatizing acts (worldobesity.org). We all criticize ourselves from time to time, but if you think too badly about yourself or judge negatively It can lead to low self-esteem. It can lead to poor quality of life such as quality of life , physical and mental health , security, safety , religious beliefs, and freedom. As well as this Obesity can have a social effect on a person as they may experience discrimination and bullying due to their excessive body fat. This may have an effect on a person's mental health as they may experience emotional or anxiety disorders as studies show people with 55% excessive body fat are more likely to develop depression over their life -time in comparison to a person who is not obese. Research has shown a combination of interrelationship between obesity and mental health each posing treatment barrier to the other. (Vafiadis 2021).

<https://www.ncoa.org/article/how-excess--weight-impacts-our-mental-and-emotional-health>

Obesity Health problems



What types of problems obesity can have diabetes , Stroke , Cardiovascular Disease . Heart attack some form of cancer and can lead be fatal leading to death. The NHS and the WHO are deeply concerned for the rising cases of obesity and the diseases that it brings with it. In the UK it is a deep concern and putting pressure on the NHS with obesity related illnesses , the government has been investing a lot of money to combat obesity .They are promoting healthy diets professional dieticians giving advice and children having healthy dinner at school.

Explanation -

Obesity consists of many different things and is connected to parts that can play a role in an individual putting on weight and becoming obese, this disease occurs when an individual's weight is more than what is considered healthy for his or her height . Obesity affects children as well as adults. One billion people are estimated to be obese and living with obesity by the year 2030 worldwide , 1 in 5 women and 1 in 7 men (Baker 2023). The research shows that countries will not only miss the target for 2025 WHO (World Health Organization) but halt the rise at 2010 levels (World Obesity Atlas 2022). Forty two million children under the age of 5 years were overweight or obese (Tsai *et al* 2010). By 2050 it is predicted that obesity will affect 60 per cent adult men and 50 per cent adult women and 25 per cent children, making US , Britain and most of Europe a mainly obese society (Stevens *et al* . 2012).

The highest number of people living with obesity are the low and middle income (LMICs) countries and this will be doubled or even tripled in comparison to 2010. There is a worldwide recognition and call to end the wrong impression and idea about obesity, being divided in the society , having less funds to support and tackle obesity in and treating someone unfairly and disapproving them of for being obese. The conditions we live in play a major role , it can be difficult to make healthy food choices and get enough physical activity if these conditions do not support health. Social health and determination and differences affect chronic disease and outcomes risk , including obesity, among racial, ethnic and socioeconomic groups as well as in different countries and amongst people with different physical abilities.

According to Dobbs et al (2014) this disease is responsible for approximately 5% of deaths around the world and its economic impact is US\$2 trillion or 2.8 per cent of the global gross

domestic product (GDP), roughly the same as smoke related disease or armed violence, war and terrorism. In the United States in 2004 directly and indirectly obesity has cost them over 147billion dollars., that figure could have been double now (CDC,2013). Obesity is largely preventable by people's choice of lifestyle and diet, at the individual level people can limit energy intake from total fats and sugar; increase consumptions of fruit and vegetable and engage in regular physical activities.

Speech -

Good afternoon to our honourable teachers , colleagues and friends . My name is Shahanara Bibi and I have been selected to deliver speech on obesity in the UK and around the world. Our life's are so precious steps we take impacts our life physically and mentally . When we choose to make poor life choices it will reflect on us as an individuals.

Poor choices include having a unhealthy diet and lifestyle as well as the things we consume or how active we are can lead to an early death. Obesity is a increasing concern for adults and children (Cole 2000). In our society and around the world. It is a long term health issue were the body fat goes high and beyond a normal rate, obesity is described as a condition where the weight of the body increases because of an excessive amount of fat is consumed or a lack of exercise in which the body is not active enough for the body to burn the calories which are being taken in .This deposit of unnecessary fat can be a lack of unhealthy lifestyle or genetics can contribute to this as well, this includes symptoms such as being extremely overweight, overly lazy and mental health issues such as depression and anxiety. Doctors assess the appropriate weight of a person by their height age and gender, they use a tool called (BMI) Body Mass Index House of Commons Library 2023). Health professions claim that if a person's BMI is between 25 to

30 kg (NHS, 2023) per metre square , this is a sign that this person is carrying excessive body weight. If the persons BMI is more than 30kg this means the person can be suffering from the chronic health condition of obesity.

It is very unfortunate people suffering obesity is a very common issue in our society. At present 30 percent of children and 25 percent adult in the UK are obese that costs the NHS 1billion pounds every year which illnesses related to obesity, illnesses such as diabetes , stroke , heart condition are just a few common ones.

People with an arm chair job, inactive lifestyle and most important of all unhealthy eating habits have all contributed toward the growing cases of obesity. Obesity is causing a huge problem financially for the NHS , and countries around the world are trying to wrestle obesity problem as well , specially low income and middle income countries (WHO,2021). Among the reasons for the growing obesity in low income and middle income countries is

the lack of thinly stretched health system which creates a public health challenge. Given faster population growth, increased urbanization and lifestyle changes. The last 30 years of study and statistics show that obesity has tripled worldwide (WHO 2021). Ladies and gentlemen thank you for listening to me , if you want to ask any question your welcome to do so.

Awareness on obesity –

This poster will be advertised at hospitals , GP surgery , work places as well to show people the awareness of obesity and how dangerous it is. It will be promoted towards people to eat healthy and to be regularly active to keep fit and keep away illnesses that can be prevented. The reason the poster was created is because raising awareness on obesity is extremely important as obesity is a rapidly growing problem in our society and

around the world. One reason as to why awareness on obesity has to be raised as obesity is a chronic long term health disease, that can massively have an impact on both a person physical health but also their mental health, it is essential for awareness on obesity to be raised as this is a health condition that is growing rapidly and to immense heights and it is further stressing the NHS and its limited budget as well as the World Health Organisation (WHO).

Also another reason as to why awareness on obesity has to be raised is because it can massively cause the health of someone's life to decline, this is because as a long term chronic condition , it can cause a person to be vulnerable to more conditions such as heart disease as well as other mental health conditions which include depression and anxiety.

This poster is targeting both adults and children as obesity being a problem in both adult and children the amount of people suffering from obesity is increasing at an extremely alarming rate and this needs to be addressed. This poster would be extremely beneficial to its readers as it shows the root causes of obesity and what they can do to help them prevent the disease as well as this reinforcing the importance of having a healthy diet and participating in daily exercise, which will not only help prevent obesity but can also rid the person of the symptoms , obesity can cause. In conclusion, this poster is targeted at all audiences as obesity can effect anyone and everyone.

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