

BSc Health and Social Care
Introduction to Physiology
BMHP5003

Assessment 1 Poster Presentation

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Body mass index(BMI) is the most common way of checking a healthy weight. An overweight Body Mass Index (BMI) of over 25 and over 30 is termed obese(WHO,2021).

The patient X has 31.5 BMI

According to BMI a healthy weight for a patient X is 50.4kg - 68.1kg

Losing and retaining 5% of weight can bring health benefits

such as reduced blood pressure and reduced risk of developing type 2 diabetes (NHS,2018).

Recommended daily calorie intake: 1482 - 1905 kcal (NHS,2018).

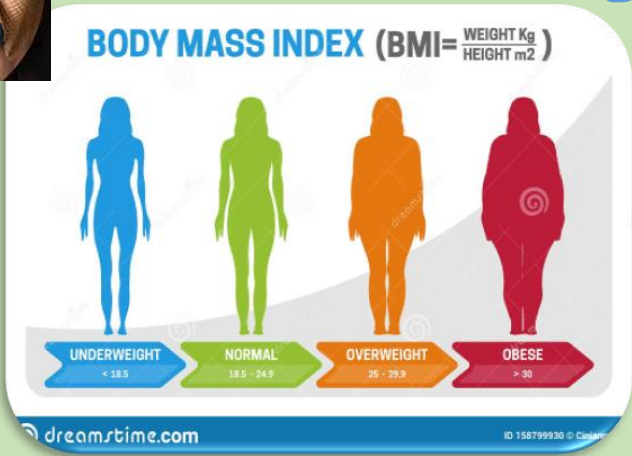
Obese refers to a person with a lot of body fat that's overweight(NHS,2019).

Obesity is a condition that can affect the patient's body greatly. There are more likely to be other disorders for people with serious obesity.

Body mass index (BMI) is a metric that measures the body size by considering the weight and height of a person.



Obesity



Cause of obesity is eating more calories than burning in a daily activity, on the long term impact. These extra calories build up over time and increase weight.

Other causes of obesity are genetics, getting older, not have enough sleep or pregnancy (Biggers,2020).



Alcohol can impact appetite through various central pathways (Traversy,2015).

Many people eat when they are watching television (TV), regardless of whether they are hungry or not.

With 1 gramme alcohol delivering 7,1 kcal (29 kJ) and studying that energy taken as alcohol is a supplement to other dietary sources, a higher intake of energy with alcohol consumption can definitely promote a positive energy balance and, eventually, an increase in weight.



Reducing calorie content in your diet will help you lose weight, but physical activity demands burning energy to maintain a healthy weight (NHS,2019).

Moderate activity will increase the heart rate of the patient and make him feel faster and warmer. One technique to tell if you're still able to converse but not sing at moderate intensity level (NHS,2019).

The Moderate-intensity activity are:

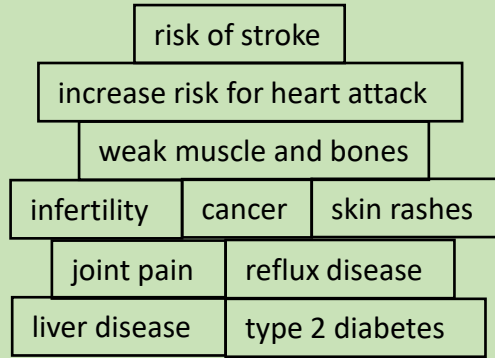
Walking

Cycling

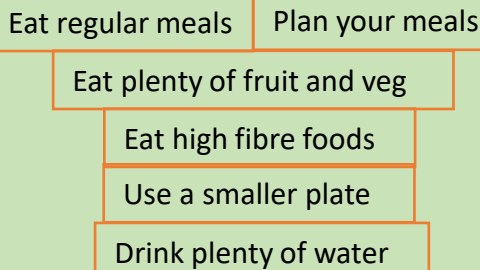
Dancing

At least 150 minutes per week or 75 minutes of vigorous intensity activity per week, should be performed by the patient (NHS,2019).

Obesity Affect the Body



Losing weight



References:

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It is very important to take measures to solve the problem of obesity, because it can cause many serious and life-threatening diseases in addition to obvious physical changes. Obesity is caused by eating more calories, especially those found in fatty and sugary meals, than you expend via physical exercise. The body stores the extra energy as fat. Obesity is becoming more prevalent as a result of many people's modern lifestyles, which include consuming excessive amounts of low-cost, high-calorie food and spending a lot of time sitting at desks, on sofas, or in cars. Obesity can lead to several other issues, such as difficulty performing daily tasks (breathlessness, increased sweating, back pain) and major health issues physical and psychical (type 2 diabetes, high blood pressure, liver disease, kidney disease and depression). Genetics, aging, insufficient sleep, and pregnancy are all factors that contribute to obesity.

Our society encourages us to eat while watching television. The habit of eating while sitting in front of a screen can develop at any age, from movie theatre snacks to sports viewing parties to TV meals. When the patient X is eating in the front of TV is more likely for, she eats more then she supplest to. People eating in the front of TV, and they do not realize when they are full.

There is no single guideline that applies to everyone; however, most people are recommended to cut their energy consumption by 600 calories per day to lose weight at a safe and sustainable rate of 0.5 to 1 kilogram per week. Food high in salt should be avoided by Patient X since they can elevate blood pressure, which is harmful for those who are already fat. Patient weight loss can be improved by reducing calorie intake, but maintaining a healthy weight needs physical activity to burn calories. Physical activity provides a variety of health advantages in addition to helping maintain a healthy weight. It can help prevent and treat more than 20 diseases, for example, by lowering the risk of type 2 diabetes by 40%. Adults should engage in at least 150 minutes of moderate-intensity activity each week — for example, 5 times 30-minute workout sessions per week. It's better to do something than nothing, and even 10 minutes of exercise is good. Because patient X is obese, she should start with something easy like walking, cycling or dancing.