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OBESITY

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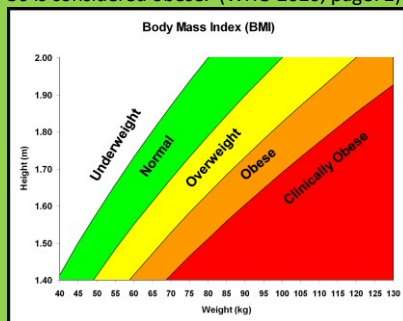
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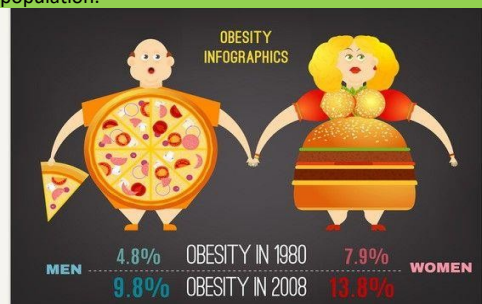
Obesity

What is Obesity?

To define obesity one can point overweight, oversize, excessive accumulation of fat which cause health problems. According to world health organization (WHO), body mass index above 25 is overweight, above 30 is considered obese. (WHO 2020, page72)



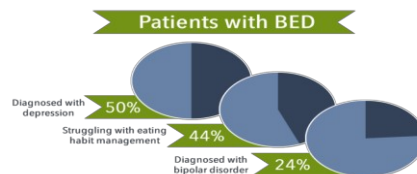
Overweight and obesity reaches an epidemic proportion in the United States of America. More than 61 per cent of Americans aged 20 and over are overweight and ¼ of adults Americans are obese (an estimated 97 million), causing them serious risks of health (DHH,2001). Even so, it is confirmed that obesity continues to grow at an alarming number in men and women in a large population.



Physiology Factors

Physiological factors that cause obesity are eating habits. Many people consume food according to their negative emotions such as boredom, sadness, and anger.

Approximately 10 per cent of moderately obese people who try to lose weight through weight loss programs suffer from poor eating habits, which is even more common in severely obese people. Bad eating habits are estimated to occur in between 20 to 30 percent of individuals seeking specialized treatments for obesity (Marcus, Wing and Fairburn, 1995). Bad eating habits involve people who eat huge amount of food and continue to feel that they cannot control the amount they are consuming. Such individuals with this problem also suffer from symptoms of depression and lack of confidence. These people usually experience a lot of difficulty losing weight than those who don't.



Case Study Patient A

The patient is a smoker using an average of 15 cigarettes a day. However, she suffers from high blood pressure, but never had heart attack, angina, or stroke. The patient pointed that family member suffered heart attack below the age of 60 but non above the age of 60. No stroke, no high cholesterol either. This patient does not exercise and eats chips and fries regularly and drinks between 3-6 unit of alcohol per day. Such lifestyle indicates weight gain which is synonymous to obesity.

Interventions

Treatment for overweight and obesity include weight through healthy eating, as well as being physical active. Weight- loss programs can also help with this process. Some people with obesity have difficulties in losing weight to improve their health, in these cases medical help is recommended to be able to add more effective treatments, such weight-loss devices, or bariatric surgery.

References

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Speaker Notes

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Introduction

It is commonly known that obesity is an issue affecting many people nowadays. As in developed societies, the risk of obesity in developing countries is also heavily influenced by diet and lifestyle, which are dramatically changing because of the economic and nutritional transition.

Definition

Obesity is a person that is overweight or oversize, with accumulation of fat which can lead to health issues.

As it shown in the graph if you exceed 80-130 you will be considered clinically obese. In USA 61% of the population is overweight and ¼ of adults are obese causing them serious risks of health.

Physiology Factors

In the graphic it can be identify a patient with Binge Eating Disorder (BED) in most of cases these individuals cannot control what they eat, they normally will go through a lot of depression and low self-esteem, they also will face a lot of difficulty to lose weight.

Case Study Patient A

Patient A weights over 80 kilograms, which indicated that she is obese. She smokes an average of 15 cigarettes per day and suffers from high blood pressure and has never had heart attack, angina or stroke. She states that no member of her family has suffered prior heart attack over 60 years of age and not under 60 years of age.

Patient A does not practice physical exercise and eats foods that contains a lot of calories, she also consumes between 3 to 6 units of alcohol per day. All these factors identified that she lives quite unhealthy lifestyle which can cause her serious health issues this can include obesity.

Management

Treatments for overweight and obesity include a weight-loss programs, as well as regular physical exercise and healthy eating. Individuals with obesity usually face difficulties to lose weight, this is because they lifestyle. In these cases help from a professional of health is needed for more effective treatments such as a bariatric surgery.