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MODULE TITLE: Introduction to Physiology (BMHP 5003 (LON).

ASSIGNMENT TITLE: Component 1 (Poster Presentation).

MODULE LECTURER: Adesewa Ajayi

Obesity: what is it?

Obesity can be defined as a medical problem due to the excess body fat accumulated in the body or when the body mass index (BMI) which depends on the calculation of weight and height of a person ranges from 30 and above which have detrimental effects on health (World Health Organisation, 2020).

Causes of obesity:

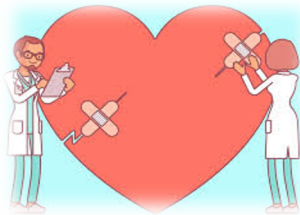


(PNGHUT, 2013).

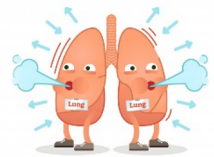
- **High calorie diet intake:** Fats, carbohydrates and sugary foods.
- **Sedentary lifestyle:** Burn fewer calories due to inactivity.
- **Genetics factors:** Prader-Willi syndrome
- **Health conditions:** Hypothyroidism.
- **Medications:** Antidepressants, anti-seizures, and antipsychotics.

(National Health Service (NHS), 2019).

Risk Factors of obesity:



- **Cardiovascular diseases:** Hypertension
- **Respiratory problems:** Asthma, OSA
- **Diabetes:** Type 2
- **Musculoskeletal disorders:** Osteoarthritis
- **Psychological problems:** Low self esteem
(American Lung Association, 2015).
(WebMD, 2020).



(VectorMine, 2018).

Treatment/Management:

- Low calorie diet
- Regular weight check
- Exercise regularly
- Anti- obesity medications
- Weight loss counselling
(EUFIC, 2020).



References:

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- EUFIC (2020) *Healthy living*. Available at: <https://www.eufic.org/en/healthy-living/> (Accessed: 11 November 2020).
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- National Health Service (2019) *Causes of Obesity*. Available at: <https://www.nhs.uk/conditions/obesity/causes/> (Accessed: 9 November 2020).
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- WebMD (2020) *Health Risk Linked to Obesity*. Available at: <https://www.webmd.com/diet/obesity/obesity-health-risks#1> (Accessed: 12 November 2020).
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