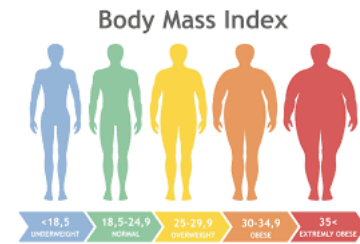


OBESITY



- **Conditions and Interventions**
- **Obesity:**

Obesity is an unhealthy accumulation of body fat. In technical terms, obesity is a chronic disease involving pathophysiological processes that result in an excess accumulation of adipose tissue, which increases morbidity and mortality.

Adipocytes (fat cells) are not passive deposits of excess fat. They comprise an active endocrine organ that secretes hormone-like factors associated with chronic low grade inflammation and insulin resistance.

- **Prevalence of Obesity and Over-weight:**

The one-third of U.S adults are obese, and another third are overweight. In 1980's, obesity has developed as an epidemic and throughout the world. In 1990, the rate of obesity across United States has range from less than 10 to 15 percent. All states had obesity rates over 20 percent, and 19 exceeded 10 percent by 2013.

Obesity and overweight have increased in all segments of the population, but vary across age, gender, race ethnicity, and income categories and geographic region. Although some data suggest that the overall rate of overweight and obesity may be leveling off, the rates of severe obesity (BMI > 40) are expected to double by 2030 to 10 percent of the population, indicating a shift to higher weight and greater adiposity.

- **Etiology of Obesity:**

Overweight and obesity are not simply a matter of intake exceeding output. They are complex and chronic conditions, stemming from numerous interacting physiological, individual, environmental, and genetic factors. These factors affect the type, frequency, and quantity of food and beverages consumed and the body's metabolic processes.

- **Normal Body-weight:**

Normally body weight is determined by a neuroendocrine regulatory system that tends to maintain weight at a relatively stable "set point" through homeostatic feedback processes. Leptin, insulin, gut hormones, and levels of other metabolic products signal anabolic or catabolic responses, adjustment of resting energy expenditure, appetite, and food intake.

In some cases, underlying medical conditions may contribute to weight gain. These include: An underactive thyroid gland (*hypothyroidism*) – where your thyroid gland does not produce enough hormones · *Cushing's syndrome* – a rare disorder that causes the over-production of steroid hormones

However, if conditions such as these are properly diagnosed and treated, they should pose less of a barrier to weight loss. Certain medicines, including some corticosteroids, medications for epilepsy and diabetes, and some medications used to treat mental illness – including antidepressants and medicines for antipsychotics– can contribute to weight gain. Weight gain can sometimes be a side effect of stopping smoking.

6. Breastfeeding:

After the birth of a child mother stops feeding and is also the main cause of obesity in children. It is researched that the mothers who start feeding their child from birth, the children of such kind of parents are not obese. Approximately every mother wants to breastfeed his child but due to certain medical implications mothers stopped feeding as recommended by a doctor not to feed her child.

7. Insulin Controlling:

Insulin controls the fat and energy level of the body. It regulates the desired amount in the fat cell of blood. It is researched that western type diet boosts the insulin prevention in high-weight people. This helps to store fat & energy in the blood cells and thus cause obesity. However, many studies are showing that the increasing level of insulin also cause obesity and makes the role of insulin for obesity scandalize.

The simple way to reduce obesity is to minimize the intake of the sugar and carbohydrates and start eating fiber. So, in this way one can start losing weight with the control of insulin level. Higher the insulin level higher the chance to strike by the obesity, by eating more fiber and cutting carbs a person can control the insulin and obesity.

8. Availability & Accessibility of Food:

Most of the parents' store fridges with the junk food and also the ease of availability of food in the nearby market or shop. These things are increasing the use of food intake. It is a common phenomenon that you will eat less when you have nothing around you.

Similarly, if a person has a lot of food availability in-front of the table and is eating in the big plates or dishes then he will eat more. If you have less food availability on the table and you are using small plates to eat then an individual will automatically eat less.

changing events such as transition to college life and pregnancy are associated with weight gain.

- **Nutrition Assessment**

Goals of nutritional assessment is:

- 1) To identify the presence and type of malnutrition.
- 2) To define health-threatening obesity.
- 3) To devise suitable diets as prophylaxis against disease later in life.

Several factors contribute to understanding the client's motivation to engage in a weight-loss program:

- Reasons and motivation for weight reduction
- Previous weight-loss attempts
- Patient's understanding of causes of obesity and how obesity contributes to several diseases
- Attitude toward physical activity
- Capacity to engage in physical activity
- Time available for weight-loss intervention, and financial considerations.

Patient's nutrition knowledge, food access, food selection, and functional capacity to prepare food and engage in physical activity are all important for individualized treatment planning.

- **Intervention in obesity and overweight:**

The combination of personalized diet, exercise and cognitive behavioral therapy is the most effective form of intervention in overweight and obesity. Relatively small amounts of weight loss (5% to 10% of body weight) can reduce or prevent the health risks associated with obesity. Weight reduction is recommended even for those who are mildly overweight with BMI 25-29, when an obesity related complication is present.

- **Comprehensive Weight Management Program:**

A comprehensive, multicomponent weight management program is needed for successful weight loss, including diet, physical activity and behavior therapy. Many options exist for delivery of weight management programs, ranging from online

