

Obesity

What causes Obesity?

Where can you find help?

How we can end the stigma

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Obesity

Information, help and advice with regards to Obesity

◆ What is obesity?

Obesity is a prevalent, complex, progressive and relapsing chronic disease, characterised by abnormal or excessive body fat (adiposity), that impairs health. (CMAJ August 04, 2020)

The NHS (2014) defines obesity as 'a term used to describe someone who is overweight with a high degree of body fat'.

◆ Current statistics:

According to the World Health Organisation (2016), there are around 2 billion adults overweight, of those 650 million are considered to be affected by obesity (BMI ≥ 30 kg/m²)

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◆ What causes Obesity?

There are many different factors that influence our weight/ contribute to obesity.

Here are a few:

- ◆ 1.) In Utero - If a mother is predisposed to an inactive lifestyle/ a constant caloric surplus/ obese - this may effect the child in infancy and adulthood.
(Obstet Gynecol. 2008 Fall)
- ◆ 2.) Potential obesity related genetics
(Blanca M. Herrera, et al. 2011)

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◆ 3.) Nurture: If fast food, high caloric foods, hyper-palatable foods predominates the diet, this can equate to a consistent calorie surplus. This will equate to increased body fat, over time. 'Policies on food production, advertising, promotion, pricing, and the availability of high fat "fast food" or high sugar foods are factors that have helped contribute to the increase in obesity' (The obesity epidemic: too much food for thought? BJSM 2004)

◆ 4.) Medical conditions and some Medications:

Medical conditions:

An underactive thyroid gland (hypothyroidism)

–where your thyroid gland does not produce enough hormones (continued)

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◆ Cushing's syndrome – a rare disorder that causes the over-production of steroid hormones (NHS England)
Medications:
Speak to your GP if you have any concerns with weight gain and any medication

◆ 5.) Socioeconomic Status:

Socioeconomic status can either support or constrain healthful behaviors.

This might include the inability to easily access health-promoting foods, especially if an individual lives in a neighborhood where such foods are not easily available or affordable.

(Katie Chapmon, MS, RD Bariatric Times)

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◆ 6) Socioeconomic Status (continued)

- More on 'Food deserts':

Approx. 1.2 million people in the UK are living in low income areas where households struggle to buy affordable fresh fruit and vegetables.

People who live in these areas are more likely to pay a higher cost for their weekly food shopping as they have to shop in more expensive small convenience stores with a limited stock of good value fresh products.

(Source: Dr Megan Blake/ University of Sheffield)

◆ 7.) Calories consumed & Calories expended: (Next page)

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- ◆ 7.) Calories consumed & Calories expended:
- ◆ If you consume more calories (Energy in Food/ Drink) than you expend (Physical Activity/ Exercise)
 - you will gain weight/ body fat.
- ◆ As you can see, it isn't necessarily that someone who is deemed Obese is 'lazy', needs to 'eat less and move more', needs to have 'more willpower' or, 'be more disciplined'
- ◆ - Obesity is multifactorial.

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◆ What are the Government doing? (via Gov.uk)

‘Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity’.

◆ What can I do to lose body fat?

1.) Create a Calorie Deficit:

A calorie - is simply energy.

This is found in the food and drink that we consume, and what we expend during physical activity. If we expend more calories than we consume, we will begin to lose body weight/ fat.

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◆ 2.) Try to Increase your Daily Physical Activity:

Examples of this are Walking/ Hiking/
Gardening/ Housework/

These are just a few examples of what you can do with regards to increasing your physical activity and calorie expenditure.

◆ A good daily target would be - 2000-5000 steps for example, or 150 minutes of moderately intense activity per week.

◆ 3.) Consider Exercise:

Some people are put off by the word exercise. If this sounds like you, it's perfectly ok - You could simply try some of the above examples of increasing your Physical Activity.
(Continued)

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◆ 3.) Consider Exercise: (Continued)

If exercise is something that you're interested in, here are a few recommendations:

- ◆ • Join a local Gym (maybe with a friend)
 - ◆ • Low impact Exercises classes/ Swimming
 - ◆ • Work with a Personal Trainer/ Coach
 - ◆ • Exercise at home
- (visit www.nhs.uk/oneyou or www.nhs.uk/conditions/nhs-fitness-studio/ for some great exercise at home video tutorials)

◆ Exercise Choice and Safety:

Exclude high impact exercises
(Plyometric/ Jumping)

- This will increase load on joints

More frequent activity is advised.

This compensates for lower intensity (BACPR)

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4.) Speak to your GP:

If you are concerned about your health/ weight or obesity, speak to your GP. As stated, underlying medical issues will be investigated/ medication may be prescribed. In some cases, surgical procedures may be an option.



You can also speak to your GP about any experiences with weight bias.

Some people have negative attitudes and beliefs about obesity. This comes from misinformation about causality and perceptions that patients with obesity may be unmotivated and noncompliant.



Weight bias and obesity stigma have created a situation where people living with obesity are marginalised and stigmatised.

(Rebecca M Puhl et al. Obesity - 2014)

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Final note:

Behaviour is central to the prevention, development and treatment of obesity.

Promoting healthy weight requires an approach that looks to change behaviours and that recognises behaviours are influenced by biological, psychological and social factors.
(The British Psychological Society - Understanding Obesity)



Thank you very much for reading

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