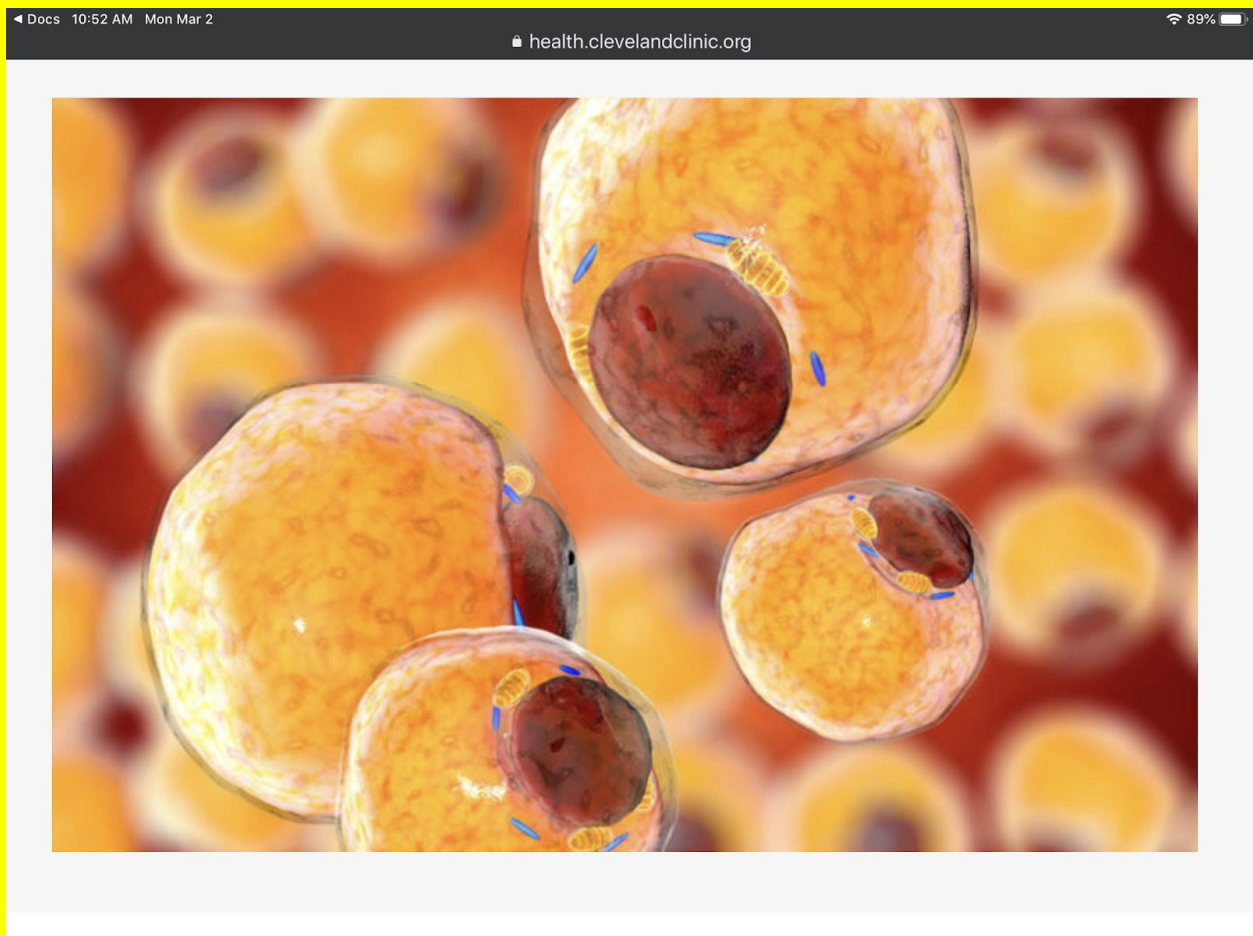


OBESITY

How can we educate people about obesity so they can stay healthy?



Topic: obesity

Written by: Elijah Pallekonda

Description

What is obesity?

Obesity is a medical condition that is caused when a person has excess weight or body fat that might affect their health. A doctor will usually suggest that a person that has a BMI (body mass index) that's >30, is obese. A BMI of between 25-30 is overweight. ¹

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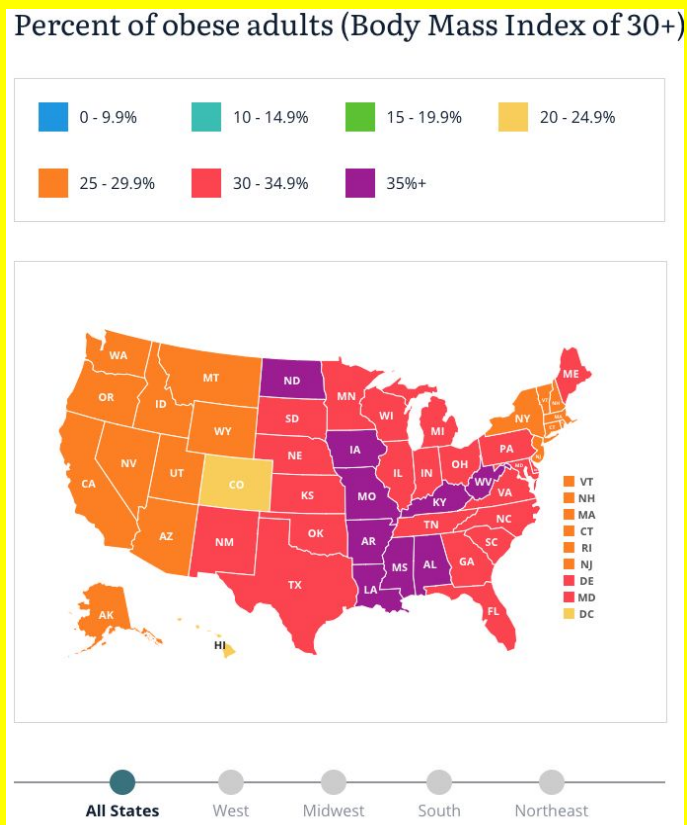
Is obesity a problem? If so, how bad is the obesity problem? [Chronology/statistics]

Obesity is a problem. Over 70 million adults in the U.S. are obese! 99 million are overweight.

An estimated 33% of Michigan adults were obese in 2019, slightly up from 32.5% in 2017, according to a federal health survey. Michigan now ranks 19th in obesity.

That was quite a bit for a state like Michigan!

Updated September 2019: According to the most recent [Behavioral Risk Factor Surveillance System](#) (BRFSS) data, adult obesity rates now exceed 35% in nine states, 30% in 31 states and 25% in 48 states. Mississippi and West Virginia have the highest adult obesity rate at 39.5% and Colorado has the lowest at 23%. Between 2017 and 2018, the adult obesity rate increased in Florida, Kansas, Minnesota, Missouri, New Mexico, New York, and Utah, decreased in



Alaska, and remained stable in the rest of states and D.C.³

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Causes of obesity

When you eat a lot and get very little exercise, much of the surplus calories that weren't burned get turned into fat resulting in obesity. A faulty gene called the fat mass and obesity-associated gene (FTO) has been implicated for some cases of obesity. This gene causes:

- obesity
- Behaviors that lead to obesity
- a higher food intake
- A preference for high-calorie foods
- An impaired ability to feel full, known as satiety
- Ghrelin (hormone) is related to eating behavior. It affects the release of growth hormone and how the body builds fat.
- A diet high in simple carbohydrates-Examples of simple carbohydrates and what they are include:
 - Raw sugar
 - Brown sugar
 - Corn syrup and high fructose corn syrup
 - Glucose, fructose and sucrose
 - Fruit juice concentrate
- Psychological factors
- Diseases such as hypothyroidism, insulin resistance, polycystic ovary syndrome and Cushing's syndrome are also contributors to obesity.
- Environmental problems²
 - Increasing food supplies and consumption
 - Large portion sizes
 - Decreasing time of occupational activities (e.g. working on desk)
 - Decreasing time running around and watching tv and sitting around using devices. (e.g. smartphone)

Effects of Obesity

Obesity can cause many problems, including a hard time with daily activities and serious health problems.

Day-today issues related to obesity include:

- Breathlessness
- Increased sweating
- Snoring
- Hard time with physical activity
- Feeling tired a lot

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- Joint pain
- Back pain
- Lack of confidence
- Feeling lonely

The psychological problems with obesity can also affect your friendships and may lead to depression.

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Serious health conditions⁴

When you're obese, many health problems can happen, including:

- High blood sugars (diabetes)
- High blood pressure
- High cholesterol can cause strokes and heart attacks
- Breathing problems
- Increase in cancer
- Heart burn
- Bones rubbing together and getting worn out
- Snoring, being unable to breathe

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Treatments of Lifestyle intervention²

Usually the first thing that is suggested is to change your behaviors and increase physical activity.

To change the behaviors it is recommended that you see a trained behavioural person. Behavioral therapy changes and tracks your behavior and gives people techniques to not overeat.

There are many ways to track your activity.

- Fitbit
- Apple Watch
- Samsung watch
- Garmin
- iPhone
- (Apple Watch + iPhone) Workout app for activity

Weight-management programs

Weight management programs are pretty helpful for losing weight.

NutriSystem is where they give you low-calorie foods.

Weight Watchers is a place where you go and meet up with other people and get some exercise and also learn what to eat.

Weight-loss medicines

Be sure to ask your doctor before using any of these! They can end up with serious side effects...

There are herbal remedies and dietary supplements that can help you lose weight!⁴

Phentermine prescription is very popular in the U.S.²

There are some weight loss medications that help with type 2 diabetes. Such as Golo!²

Bariatric surgery

Bariatric surgery includes several types of operations that help you lose weight by making surgical changes to your digestive system.

There are 3 types of bariatric surgeries in the U.S.²

1. Gastric banding: They put a silicon band around your stomach. This is very safe. Gastric banding results in 15% weight loss in 1 year
2. Roux-en-y gastric bypass: reconnect your stomach and your gut. It results in 25% weight loss in 1 year
3. The “duodenal switch” is done <2% of the time

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Bibliography/Reference

- 1) [MedicalNewsToday What is obesity and what causes it?](#)
- 2) [Mechanisms, Pathophysiology and Management of Obesity](#)
- 3) [Adult obesity rates](#)
- 4) [Obesity causes and treatments-illnesses and conditions | NHS inform](#)

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About the author Elijah

Hello! I am Elijah! I go to amerman, part of NPS (Northville public schools). I know lots about tech. I solve problems/other ANNOYING things on computers (most are on Google Docs, others include chromebook problems, sometimes people need to know how to connect to Wi-Fi when they bring their own device.)

I can also use Bitsbox coding, (JavaScript) which lets me add more to my videos.

I'm also a YouTuber!

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