Literature Revie

Obesity is a condition characterized by the excessive accumulation and storage of fat (adipose tissue) in the body. It is commonly known as a leading cause of mortality, morbidity, disability, healthcare utilization and healthcare costs in the United States“(What is Obesity”, 2016). Obesity can be measured in several ways although a basic method used is by determining the body mass index (BMI) which is the most efficient and inexpensive method. BMI is acquired by calculating height and weight measurements to determine the ratio (“Obesity Prevention Source”, n.d).

Obesity and malnutrition has become one of the areas of concern not just in this country but internationally. Obese people have a higher exposure to a lot of health risks, and despite their excessive consumption of food, these people in most cases are malnourished and they experience micronutrient deficiencies. Obesity has overburdened people with a lot of health problems and severe complications, and its effects are life threatening, posing big threats in people’s lives. Obesity is a part of malnutrition, and it has affected a lot of people internationally (Lasocki, 2015).

Obesity is a health and medical condition which is characterized by excessive body fat accumulating in the body to the extent of affecting the person negatively and impairing with the person’s health. Being overweight in most cases is a sign of obesity; however, there are other day-to-day characteristics and signs such as having difficulties in breathing, increased sweating and increased snoring for some people and not being able to cope with some activities and feeling more tired than normal after engaging in some activities. For the children, they might appear to being inactive and lazier than usual (Lasocki, 2015).

Obesity comes with a lot of high health risks and exposure to many related diseases. Most obese people suffer from conditions like diabetes. Obesityalso increases the risk of high blood pressure because of the body not being able to properly use insulin and control the level of blood sugar in the body (World Health Organization, 2000). This makes obese people to have a greater exposure to suffering from diabetes.

Another health risk which diabetic people are exposed to is the respiratory complications such as breathing problems, asthma and sleep apnea where a person stops breathing for short periods of time where then they are sleeping. Respiratory complications are related with obesity because being overweight and increasing BMI decreases the volume of lungs and this in return restricts ventilation patterns and this explains why obese people experience breathing problems and other respiratory complications.

In other cases, obese people are exposed to heart diseases and even stroke. This risk exposure is because of increased body mass index and excessive body fat which have a greater effect on the human body metabolism (World Health Organization, 2000). This increases the blood pressure levels and hypertension and other risks which have a significant impact in developing cardiovascular diseases.

One of the most crucial parts of the body is that heart and its system, and the body cannot function without it. It is so vulnerable to obesity and malnutrition complications. The more overweight a person becomes, the greater the risk of experiencing heart diseases and even stroke. There are so many health complications which are in relation to obesity and others include osteoarthritis, gout, gallbladder complications, and in other cases, cases of being exposed to cancer.

There are different causes of obesity and some of them include genetics, frequent and excessive eating, physical inactivity, physiological factors, medications, and diseases such as insulin resistance, hypothyroidism, Cushing syndromes, polycystic ovary and other diseases. Some of these causes are very rare such as genetics and medications.

Generally, and in most cases, people become obese because of eating too much and avoiding physical activities (Lasocki, 2015). High consumption of food means that a person has consumed a lot of energy, fats and sugars and if this energy is not used and the fats are not burned through physical activities, the body will have excessive energy in surplus which in return is stored in the body as fats. It is the imbalance of energy in the body which causes a person to become overweight and obese. Energy imbalance implies a lot of energy in and less energy out of the body (Must, *et al* 1999).

Some nutrients in the body such as proteins, carbohydrates, sugars and fats from the food consumed by people make energy in the body for the body to function well and use it in its activities. The energy which is not used after consumption is then stored for future use by the body where sugars are stored in form of glycogen in the body muscles and in the liver and the fats are stored mostly as triglycerides in the body fat tissues. This stored energy if not usedprompts a person to become overweight and eventually obese (World Health Organization, 2000).

There are various ways of treating obesity. In most cases the treatment of obesity depends on the cause and also on how severe the current situation is. The various methods of treating obesity include changes in to a healthy lifestyle, weight lose treatment programs, medical treatment, surgeries, exercise and activities, and dietary changes such as reduction of calories and the practice of healthy eating habits. In most cases, the treatment of obesity starts with a comprehensive management of a healthy lifestyle from the diet and behavioral modification to physical activities (World Health Organization, 2000).

The approach should be accompanied by self-monitoring of the caloric intake, stimulus control, goal setting, and physical activities (Campbell, *et al* 2001). Drugs can also be used as treatment of obesity when the patients uses then to increase the functioning of the body and in other cases, medical strategies are used for the patient to lose weight.

Micronutrients such as vitamins and minerals play a very significant role in the wellbeing of human beings such as in the human development, and in the regulation of the body metabolism, the heartbeat, bone density and cellular PH. Although they are needed in only small quantities, these micronutrients are very important and play a very big role in a healthy living and a proper functioning of all the body systems and ach of them has its specific role (Campbell, *et al* 2001).

Obese people are encouraged to consume these malnourished for their bodies to develop and function well in a healthy manner. Lack of these micronutrients, for instance lack of enough vitamins and minerals in a diet has a great significance in the immunity and healthy development generally and a person has higher chances of being malnutrition (World Health Organization, 2000).

Statistics show that there is a growing rate of overweight cases. Billions of people worldwide are overweight, of whom millions of them are obese. Children are also victims of obesity and statistics show that even children under the age of five years are prone to growing overweigh and being obese (Galuska *et al* 1999).

There are also increasing rates of maternal overweight and this is exposing women to higher levels of pregnancy complications and even heavier birth weight which is also resulting in children obesity. Statistics show that millions of people worldwide die as a result of obesity and obese related diseases and complications, most of them children and women. Statistics also show that a bigger percentage of children who lack micronutrients are pre-school aged children and they end up being nutrition deficient (Lasocki, 2015).

In conclusion, obese people are malnourished and this exposes them to higher health risks in their lives and more specifically in their health. Today, obesity and malnutrition has become a major health concern in the whole world, which includes increasing cases of people whom are overweight and under nutrition. This comes with a lot of health effects such as respiratory complications, breathing difficulties and asthma, heart diseases such as developing cardiovascular complication, diabetes and high blood pressure complications, stoke and possible cancer diseases. It can also impair the development of the brain and other physical developments.

Obesity exposes people to conditions which are life threatening and very difficult to treat and it has overburdened people with a lot of health complications. Overweight, obesity and malnutrition caused a lot of deaths not just in the country but in the entire world and per statistics, the most affected ones are young children, mothers and infants.

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