

Causes of obesity and success of interventions



**ASSIGN
BUSTER**

Identify the main cause of obesity. Provide examples of interventions, indicating briefly their degree of success.

This essay will include the cause of obesity, interventions and how successful they are.

An amount of body fat is pronounced as obesity. There are many causes of obesity, and it is mainly considered that the variation in body fat relays to a difficult interchange of hereditary, nutritional, exercise, mental and social factors. (Ogden, 2010).

Basically, obesity is the result of caloric disproportion. When energy intake is equal with energy expenditure then we have a caloric balance. (Rossen & Rossen, 2012). For instance, if we are eating less calories than we burn are resulting in weight loss, but if we are eating calories extra, they get deposited in the body as fat. According to Rossen (2012), there are 2 choices for correcting the balancing: first option is to control how many calories we are eating, and the second option is to burn the calories extra through physical activity.

The calories consumed in physical activity are a significant aspect in defining body weight. By spending our time in sedentary activity are resulting in higher weight. Plenty of physical activity are controlling the risk of becoming overweight. (Rossen & Rossen, 2012).

Obesity has a considerable adverse influence on well-being. It is relating to several grave diseases and with risk problems for illnesses, such as hypertension, hyperlipidaemia, and reduced glucose acceptance. (Perri, Nezu

& Viegner, 1992). To summarise, overweightness is directly connected to a diversity of serious diseases, counting coronary artery diseases, cancer, and diabetes. According to Perri, Nezu and Viegner (1992), the influence of obesity on life expectation differs according to degree of overweight, with death ratios growing as body weight increases over regular. To summarise, it is a destructive effect on health and longevity, obesity also reduces the quality of life. A lot of obese people are involved in social judgement and psychological distress as a direct result of their obesity. (Perri, Nezu & Viegner, 1992).

Obesity can develop through a various factor: genetic, what a pregnant women eat, hormones, sleep too less, numerous medical disorder, fast food, some drugs, soda, video game, contamination, air conditioning, spending the time by watching Tv, too much stress, sadness, lack of money, age, problems of marriage, period of pregnancy, some viruses, bacteria in the gut, no eating breakfast, give up smoking, food promotion, too much sweet, eating excessively salty, eating excessively fat, too much snacking, food dependences. (Rossen & Rossen, 2012).

The main categories for obesity treatment are: exercise, changing the life style program, diet, medical cure, surgery, commercial weight-loss programs. (Rossen & Rossen, 2012).

Exercise has been familiar for times as an outlet for swallowed energy to keep a perfect proportion of body fat. Energy requirements can differ in persons depending upon total of activity with their routine. (Foss and Strehle, 1984).

Energy equilibrium may be operated by exercising in combination with food consumption to reduce, stabilize, or even grow body fat stores. The interactions of exercise in combination with diet are the most basic recommendation for weight loss program. (Foss and Strehle, 1984).

Based on methodical valuation, according to Ostman, Britton & Jonsson (2004) changing the way we are eating through effective nutritional therapy can help lose weight, by 3kg to 10 kg in the first year. The effect after long time is indeterminate, also regular exercise contributes to weight loss.

According to Weight-Watcher, the result of people treating with this method are promising a weight loss at least 10% than they started the diet. (Ostman, Britton & Jonsson, 2004). Very Low Calories diet produce a beneficial weight loss, much better than a normal diet. According to Ostman, Britton & Jonsson (2004) in the studies of Very Low Calories diet for about 2 years, where the treatment was followed regularly, the studies have found a preserved weight loss a few pounds more than in treatment with a normal diet.

Drug treatment help weight loss of up to 5 pounds after 1 year, outside that realised with exercise and diet. According to Ostman, Britton & Jonsson (2004) treatment with stomach operation, which can be suitable for patients with serious overweightness, drops weight on regular by more than 25% up to 5 years after operation. 10 years later, the reserved weight loss is around 16%, or on regular rather over 20 kg. This illustrates considerable improvements in health and excellence of life, but still medical intervention transmits some risk of problems. (Ostman, Britton & Jonsson, 2004).

Exercise help maintain healthy weight and have a straight effect on psychological health irrespective of weight change. Drug therapy can help people with obesity to lose weight but also can bring side effects, and the weight loss can be shadow by weight gain. Surgery proved to be more effective as a last resort solution for both weight loss and maintenance. (Ogden, 2010).

Re-evaluating the problem of weight-loss opportunities, it looks that operation is the only treatment that would permit obese people to see their weight-loss goals. A few hopeful results also have been obtained in various studies that mix dietary, behavioural, and physical activity intervention, and this go by the approval of the National Heart, Lung, and Blood Institute and the North America Association for the study of obesity. But the long period result is uncertain, mainly deprived of close watching and adherence to the plans outside the first year. (Rossen & Rossen, 2012).

This essay has discussed about the causes of obesity, intervention and how successful they are. Excess fat is not just unattractive, it is primarily unhealthy. The causes for becoming overweight are multiple and very easy to fall into the trap. Obese people suffer more often from serious illnesses, such as hypertension, diabetes and cardiovascular disease. To treat obesity can take a long period of time based on healthy diet, exercise, pharmaceutical method or surgery, and the promise of weight gain is unknown. Obesity has serious effects on the individuals and the society. Both need to act to examine the cause of this problem and find a solution.

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