

You gotta problem



AR Problem Identification And Solution 5/5 Problem Identification and Solution Obesity is a pathological condition which has now become a matter of global concern. It is a disease associated with the excessive accumulation of fats in the body of individual. Obesity is a condition which can be the base for many degenerative diseases affecting major bodily systems and an interesting aspect is that it can also affect the psychological condition of a person (Standford Hospital and Clinics 2010). Obesity has now become a worldwide issue due to its increasing rise and the risks that it poses. It is a very common condition in the Unites States with two third of the population of United States suffering either from obesity or increased weight and approximately one third of the population being obese according to the National Health and Nutrition Examination Survey (Weight Control and Information Network 2010). In UK, the Health Survey for England in the year 2008 presented that 24. 5% people above the age of 15 were suffering from obesity. The same survey showed that the rate of obesity between the ages of 2 and 10 years was 13. 9% (Department of Health 2009). Obesity is a disease state which was initially considered to have no genetic role in its causation. But recent research has put forward the fact that obesity is a disease state which has both genetic component and environmental factors involved in causing it. It is caused by the deletion or damage in a gene known as Ob gene putting the subjects with these deletions at high risks of developing obesity. A diet rich in fat can also lead to obesity because a high fat diet stimulates a person to eat more. Another important reason for obesity is psychological disorders which include depression, eating disorders like binge eating and increased diet in times of stress. Obesity itself can also serve as a reason because it might lead for a person to lose his self

confidence and hence the person loses the will to exercise and adopt weight loss plans (Biddle et al 2009).

The prevention and treatment of obesity needs to cater the requirements of all age groups. For proper results it is essential that all the causative factors of obesity should be understood. This is because only focusing on physical, nutritional and pharmacological treatment cannot decrease the prevalence of the disease. This is because psychology also plays its role in the development and progress of this condition. For preventing the condition physical activity should be encouraged among children so that the habit develops in them. A proper balanced diet should also be recommended for children. For people who are very obese pharmacological treatment includes drugs like orlistat and sibutramine. This should be followed with a proper dietary plan for them as well as a physical activity schedule. Not only this, they should also be given psychological treatment to raise their self confidence and to motivate them to lose the excessive weight (Biddle et al 2009). The problem of obesity can only be curbed by the help of these obese individuals only and their concern for their health. In order to decrease the problem I would with my friends aware the obese individuals of their problem. This would make them conscious about their health and thus they would automatically follow the methods to avoid obesity as laid out by the government. Secondly I would give out charts of certain products which have the most calories in them. This would help the individuals to realize which products are healthy and which non healthy. Thirdly I with my friends would promote certain exercises amongst the obese individuals which would make them get rid of their problem. The exercises which I would promote would not be strenuous so the obese people are attracted towards them. Further

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after doing these exercises the obese people would be able to get rid of their problem accordingly (Borton et al 2000).

Many individuals would not be interested in these awareness programs and might just ignore the messages given by them. The dietary plans laid by the programs would be hectic and may not be liked by many. Psychological programs would not be attended by these individuals as they would yet again ignore them. The solution to all these problems is that the individuals should be given proper guidance regarding these awareness programs and these awareness programs should not involve factors which might prove hectic for the obese individuals. The therapies and dietary plans would be laid out according to the requirements of the individuals so that they attend it for their own sake.

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