

Unit 7 outline draft on obesity



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Obesity Outline Thesis Statement: The presentation proffers critical issues in obesity including its definition, underlying causes, statistics of obesity in children, the emotional and physical effects, and finally ways to treat the chronic illness.

I. Defining Obesity: Obesity is defined in terms of body mass index (BMI), to wit:

* BMI 25-30 = overweight

* BMI 30+ = obese

* BMI 40+ or 100+ pounds over recommended weight = morbidly obese

* For children, 10% over recommended weight for age and height

II. Causes of Obesity:

The causes of obesity range from the number of calorie intake, to lack of physical activity, the influence of genes, intake of alcohol and other medications, particularly those needed to cure hypothyroidism, for example (PubMed, 2010).

III. Statistics of Obesity in Children

Statistics reveal that 16 to 33 % of children in US are obese. Obesity commonly begins between ages 5 to 6 or upon the onset of adolescence. If obesity is seen to be prominent from the ages of 10 to 13, these children are likely to be obese as adults. Likewise, research has indicated that parents with obesity increases child's chances to also manifest the same chronic illness by 50 to 80% (AACAP, 2008).

IV. Emotional Effects of Obesity

From among the more predominant emotional effects of obesity, difficulty making friends, low self-esteem, depression, anxiety, and obsessive-compulsive disorder have been generally manifested (AACAP, 2008).

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V. Physical Effects of Obesity

There are physical effects that increase the risks of obese individuals. Among these are: heart disease, high blood pressure, diabetes, sleep apnea, insomnia, and mobility issues (AACAP, 2008).

VI. Treating Obesity

Treating obesity takes a change in lifestyle in conjunction with other interventions. Generally, obesity will not resolve without effort. If medical cause is treated, weight should drop. Weight loss through diet and exercise should manifest the following effects: (1) after 2 years, 15% maintain weight lost, and (2) after 10 years, 1% maintain. Finally, in extreme cases, bariatric surgery is required with success rates better than 50% (Birmingham, & Treasure, 2010).

References

- American Academy of Child & Adolescent Psychiatry. (2008). Obesity in Children and Teens. Facts for Families Retrieved 20 Mar, 2011, from http://www.aacap.org/cs/root/facts_for_families/obesity_in_children_and_teens
- Birmingham, C. L., & Treasure, J. (2010). Medical Management of Eating Disorders: Cambridge University Press.
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