

Obesity outline



**ASSIGN
BUSTER**

Outline I. Introduction a. “ Fictional person’s name”, age, weight, location...
b. Job, hobbies, background intro information c. Family history/background info
II. Obesity a. Definition- “ a condition that is characterized by excessive accumulation and storage of fat in the body and that in an adult is typically indicated by a body mass index of 30 or greater (Merriam-Webster’s medical dictionary) <http://www2.merriam-webster.com/cgi-bin/mwmedsamp> b. BMI- Body mass Index (abbreviation) i.

Definition- Merriam-Webster’s medical dictionary defines Body mass index as “ a measure of body fat that is the ratio of the weight of the body in kilograms to the square of its height in meters (Merriam-Webster’s medical dictionary). <http://www2.merriam-webster.com/cgi-bin/mwmedsamp> c. Causes of obesity i. Taking in more calories than burning- “ A lack of energy balance most often causes overweight and obesity. Energy balance means that your energy IN equals your energy OUT” (National heart lung and blood institute). http://www.hlti.nih.gov/health/dci/Diseases/obe/obe_causes.html ii. Lack of physical activity iii. Bad eating habits iv. Eating for comfort, binge eating III. Environmental factors a. Access or lack of access to sidewalks and pathways for walking in neighborhood. b. Busy work schedule c. Convenience offast food. Restaurant foodsize portions e. Access to stores that offer fruits and vegetables f. TV commercials that advertise fast food, snacks that are high in fat IV. Family/inherited genes a. Genes b. Adopting habits of parents i.

Parents are overweight; child tends to adopt eating and physical activity habits. V. Health factors a. Hormone problems may cause obesity i. Hypothyroidism 1. Define: “ Hypothyroidism is a condition characterized by

abnormally low thyroid hormone production. There are many disorders that result in hypothyroidism. These disorders may directly or indirectly involve the thyroid gland. Because thyroid hormone affects growth, development, and many cellular processes, inadequate thyroid hormone has widespread consequences for the body (Medicine. et). <http://www.medicinenet.com/hypothyroidism/article.htm> 2. “ Cushing's syndrome is a condition in which the body's adrenal glands make too much of the hormone cortisol. Cushing's syndrome also can develop if a person takes high doses of certain medicines, such as prednisone, for long periods IV. Other factors... a. Age-muscle loss can slow the rate of calorie burning b. Medications c. Emotional eating d. Smoking- when people quiet food tastes and smells better VI.

Health problems a. Coronary heart disease i. Definition b. High blood pressure c. Stroke d. Sleep apnea e. Gallstones VII. Solutions a. Exercise b. Healthy eating choices c. Portion control d. Support groups- A support group is formed by people who are dealing with common issues and “ meet on an ongoing basis to cope with stress, give each other suggestions, provide encouragement, convey information, and furnish emotional support(Barker, 2003) (Kirst-Ashman, K. , 2011, p 116). “