

**Obesity: Literature Review**

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## Obesity

Obesity is a serious public health issue because it is the world's fifth most significant cause of death (Shoneye et al., 2022). Being overweight or obese is an essential lifestyle factor contributing to numerous chronic diseases, such as cancer, diabetes, metabolic syndrome, and cardiovascular diseases (Shoneye et al., 2022). Researchers also predict that by 2030, lifestyle diseases will be responsible for 30% of fatalities globally (Shoneye et al., 2022). Healthcare providers can prevent these fatalities by effectively recognizing and treating pertinent risk factors and implementing behavioral engagement programs (Shoneye et al., 2022). As a result, it is crucial to acknowledge and address obesity as soon as possible (Shoneye et al., 2022). *Obesity* is an abnormal or excessive fat deposition that may have adverse health effects (Shoneye et al., 2022). It is an energy imbalance between calories ingested and calories expended, which are the leading cause of obesity and overweight (Shoneye et al., 2022). This study will assist current research, medical knowledge, and policymakers in identifying prospective elements that now affect and develop adult obesity and examine the critical illnesses, disorders, and other harmful health effects linked to obesity and excessive obesity (Shoneye et al., 2022). Utilizing literature reviews will also aid readers in understanding the state of the study, discussing significant material, and presenting their results in a written report (Shoneye et al., 2022). Literature reviews contextualize findings and broaden the body of knowledge in the study field, strengthen the research process, and narrow the focus of the research topic (Shoneye et al., 2022). Also, literature reviews assist decision-makers who want to understand how obesity affects population health in identifying solutions that directly involve public health and health authorities in minimizing risks and effectively guiding obese individuals worldwide (Shoneye et al., 2022).

## **Transition from metabolically healthy to unhealthy overweight/obesity and risk of cardiovascular disease incidence: A quantitative review**

A healthy weight makes it possible for bones, muscles, the brain, the heart, and other organs to function appropriately and effectively for a very long period (Abiri et al., 2022). Excess weight, especially obesity, has a deleterious effect on almost every aspect of health, including reproductive, pulmonary, and cognitive function (Abiri et al., 2022). Numerous fatal and disabling diseases, including diabetes, heart disease, and several cancers, are made more likely by obesity (Abiri et al., 2022). It achieves this through several different methods, some as straightforward as the mechanical strain brought on by heavier weight and others involving complex adjustments to hormones and metabolism (Abiri et al., 2022). On the other hand, losing weight can lessen some risks related to obesity (Abiri et al., 2022). Obese people might experience considerable health advantages by decreasing just five to ten percent of their body weight, even if they never achieve their ideal weight or begin losing weight later in life (Abiri et al., 2022).

### **Key Points**

Body mass index (BMI) exceeding 30 kg/m<sup>2</sup> for adults is a measure of obesity and has shown a sharp rise over the past twenty years in emerging nations (Abiri et al., 2022). According to researchers, the number of obese adults worldwide reached 641 million in 2014, up from just 105 million in 1975, an incredible growth (Abiri et al., 2022). More recently, researchers performed a statistical study, or meta-analysis, of the data following a systematic review of 89 trials on diseases associated with excess weight (Abiri et al., 2022). Compared to men and women in the normal weight range with a BMI of less than 25, diabetes was the weight-related

disease with the highest risk (Abiri et al., 2022). For men with BMIs of 30 or higher and women with BMIs of 30 or higher, the risk of developing type two diabetes was seven times higher and twelve times higher, respectively (Abiri et al., 2022). Even among women with BMIs that fall within the healthy range, weight gain during adulthood increases the risk of diabetes (Abiri et al., 2022). Additionally, there is a clear correlation between body mass index and several cardiovascular risk factors, such as coronary artery disease (CAD) (Abiri et al., 2022). Triglycerides, low-density lipoprotein cholesterol, blood sugar, inflammation, and blood pressure all rise along with BMI (Abiri et al., 2022). These modifications increase the likelihood of coronary heart disease, stroke, and death from cardiovascular causes (Abiri et al., 2022). Using data from 21 long-term studies that tracked more than 300,000 participants for an average of 16 years, the BMI-CAD Collaboration Investigators performed a meta-analysis (Abiri et al., 2022). Compared to people who were at an average weight, study participants who were overweight had a 32% higher chance of getting CAD, while those who were obese had an 81% higher risk (Abiri et al., 2022). Due to the higher prevalence of cardiovascular disease and obesity in obese patients, the p-value for these experiments was 0.04, indicating that they were statistically significant (Abiri et al., 2022). Even after adjusting for blood pressure and cholesterol levels, the risk estimates for obesity remained very considerable (Abiri et al., 2022). The researchers calculated that only approximately half of the increased risk of coronary heart disease associated with obesity is attributable to the impact of extra weight on blood pressure and blood cholesterol (Abiri et al., 2022). Obesity can cause diabetes, cardiovascular disease, and inherited factors (Abiri et al., 2022). Instead of being the only cause of obesity, genes appear to raise the chance of weight gain and interact with other environmental risk factors, like bad diets and sedentary lives, making healthy lifestyles more likely to offset these genetic effects (Abiri et al., 2022).

Most people's decisions about what to eat and how to spend their time affect their physical and social surroundings (Abiri et al., 2022).

### **Assumptions**

Numerous studies have shown that obesity is a complicated health issue caused by a mix of personal variables like genetics and learned behaviors and structural causes like bad societal or cultural eating habits (Abiri et al., 2022). Most studies also concur that, despite genetic and epigenetic implications, obesity is an acquired disease that mainly depends on lifestyle variables, including personal decisions, such as low rates of physical exercise and persistent overeating (Abiri et al., 2022). It has become increasingly common to hold negative opinions toward obese people (Abiri et al., 2022). Stigmatization of overweight people does not help the public health effort to combat obesity; instead, it endangers their health, creates health inequities, and hinders successful interventions in tackling obesity (Abiri et al., 2022). These findings demonstrate the importance of weight stigma as a social justice issue and a public health priority (Abiri et al., 2022).

### **Deficit/Conclusion**

Obesity has a detrimental impact on nearly every aspect of health, including sexual, respiratory, and mental health (Abiri et al., 2022). Additionally, it reduces life expectancy and raises the risk of developing chronic conditions like diabetes and cardiovascular disease (Abiri et al., 2022). The accepted authors' thinking also suggests that the obesity epidemic need not continue indefinitely (Abiri et al., 2022). Diet, exercise, medication, and even surgery are all effective ways to lose weight (Abiri et al., 2022). Though significantly more complex than gaining weight, losing it is a challenge (Abiri et al., 2022). According to the article, preventing

obesity might considerably improve individual and social health, minimize suffering, and reduce annual healthcare spending by billions of dollars if it were implemented early in life and continued throughout one's career (Abiri et al., 2022). To effectively fight the obesity epidemic and improve public health, it is essential to challenge widely held social ideas that perpetuate the stigma attached to being overweight and prioritize discourse about prevention and awareness of obesity (Abiri et al., 2022). If the nursing profession had not acknowledged the causes and preventions of obesity, the consequences would have included stigmatizing obese people as lazy, weak-willed, unsuccessful, and lacking in self-discipline (Abiri et al., 2022). Obese patients would have worsened already-existing health conditions, leading to ineffective patient compliance since they would not feel comfortable asking for assistance and would be less likely to do so, resulting in a decrease in quality holistic care (Abiri et al., 2022).

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implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

### **Conclusion**

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Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

## References

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