

## Chapter 1 : I Know Someone Who Is Obese : Sue Barraclough :

*"When people become obese we start to see disease rates go way up," Wang says. Continued Adam Tsai, MD, of Kaiser Permanente Colorado and a spokesman for the Obesity Society, agrees.*

Why are we so hesitant to get professional help when we know someone is poisoning themselves with food? The signs of obesity are just as obvious as a heart attack and the consequences are just as fatal. Being obese increases the risk for diabetes, heart disease, stroke, arthritis, gout, gallbladder disease, fatty liver disease, high blood pressure, high cholesterol, fertility problems, certain types of cancer and respiratory diseases including sleep apnea. American obesity is a rapidly growing epidemic. That number rose from A BMI of 30 or above indicates obesity. A BMI of 40 or above indicates morbid obesity. Additionally, if you are pounds over your ideal weight, you are considered morbidly obese. There are medical conditions that cause weight gain, however those who are obese and morbidly obese generally have an unhealthy relationship with food. Many turn to food for needs that have nothing to do with physical hunger. If an unhealthy relationship with food is not addressed, no diet or exercise program will work in the long run. An obese person may lose weight, but they are doomed to gain weight again as the same issues that made them turn to food continue to haunt them. A cardiologist would not send a heart attack patient home without addressing the underlying issues. Obesity has underlying issues that need to be addressed as well. A number of obese people report difficulties with binge eating. Binge eating involves eating large quantities of food in one sitting – usually eating to the point of being uncomfortable. Shame, depression, guilt and other negative feelings often follow the binges. The negative feelings following a binge can lead to more binge eating creating a vicious cycle. Food is no longer a source of nourishment for a binge eater – it serves as a drug to medicate negative feelings. Bingeing can be a symptom of binge eating disorder, compulsive overeating, a food addiction or another eating disorder. Unfortunately, few people make the connection between food and negative emotions. If you suspect a loved one is a binge eater, look for the following signs:

**Chapter 2 : How will I know if I'm overweight or obese? | Obesity - Sharecare**

*This book introduces readers to what obesity is, how it affects people, how it can be prevented, and what they can do to be a good friend to someone who is obese. To ask other readers questions about I Know Someone Who Is Obese, please sign up. Be the first to ask a question about I Know Someone Who.*

It has also changed significantly over time. Most of this extra food energy came from an increase in carbohydrate consumption rather than fat consumption. In the United States, subsidization of corn, soy, wheat, and rice through the U. Obese people consistently under-report their food consumption as compared to people of normal weight. Sedentary lifestyle See also: Sedentary lifestyle and Exercise trends A sedentary lifestyle plays a significant role in obesity. The World Health Organization indicates people worldwide are taking up less active recreational pursuits, while a study from Finland [ ] found an increase and a study from the United States found leisure-time physical activity has not changed significantly. As of , more than 41 of these sites on the human genome have been linked to the development of obesity when a favorable environment is present. The term "non-syndromic obesity" is sometimes used to exclude these conditions. Their ability to take advantage of rare periods of abundance by storing energy as fat would be advantageous during times of varying food availability, and individuals with greater adipose reserves would be more likely to survive famine. This tendency to store fat, however, would be maladaptive in societies with stable food supplies. Medical illnesses that increase obesity risk include several rare genetic syndromes listed above as well as some congenital or acquired conditions: Social determinants of obesity The disease scroll Yamai no soshi, late 12th century depicts a woman moneylender with obesity, considered a disease of the rich. While genetic influences are important to understanding obesity, they cannot explain the current dramatic increase seen within specific countries or globally. There are a number of theories as to the cause but most believe it is a combination of various factors. The correlation between social class and BMI varies globally. A review in found that in developed countries women of a high social class were less likely to be obese. No significant differences were seen among men of different social classes. In the developing world, women, men, and children from high social classes had greater rates of obesity. The decrease in strength of correlation was felt to be due to the effects of globalization. A similar relationship is seen among US states: It is thought that in developed countries, the wealthy are able to afford more nutritious food, they are under greater social pressure to remain slim, and have more opportunities along with greater expectations for physical fitness. In undeveloped countries the ability to afford food, high energy expenditure with physical labor, and cultural values favoring a larger body size are believed to contribute to the observed patterns. A correlation in BMI changes over time has been found among friends, siblings, and spouses. Those who quit smoking gain an average of 4. Gut bacteria See also: Infectobesity The study of the effect of infectious agents on metabolism is still in its early stages. Gut flora has been shown to differ between lean and obese humans. There is an indication that gut flora in obese and lean individuals can affect the metabolic potential. This apparent alteration of the metabolic potential is believed to confer a greater capacity to harvest energy contributing to obesity. Whether these differences are the direct cause or the result of obesity has yet to be determined unequivocally. The amount that these associations may have contributed to the rising rate of obesity is yet to be determined. Pathophysiology of obesity There are many possible pathophysiological mechanisms involved in the development and maintenance of obesity. In particular, they and other appetite-related hormones act on the hypothalamus , a region of the brain central to the regulation of food intake and energy expenditure. There are several circuits within the hypothalamus that contribute to its role in integrating appetite, the melanocortin pathway being the most well understood. Both groups of arcuate nucleus neurons are regulated in part by leptin. Thus a deficiency in leptin signaling, either via leptin deficiency or leptin resistance, leads to overfeeding and may account for some genetic and acquired forms of obesity. Solutions look at changing the factors that cause excess food energy consumption and inhibit physical activity. Efforts include federally reimbursed meal programs in schools, limiting direct junk food marketing to children, [ ] and decreasing access to sugar-sweetened beverages in schools. This is a comprehensive evidence-based guideline to address the

management and prevention of overweight and obesity in adults and children.

**Chapter 3 : I Know Someone Who Is Obese by Sue Barraclough**

*I know someone who is obese and is having surgery to repair a torn bicep muscle. He has high blood pressure and I - Answered by a verified Health Professional We use cookies to give you the best possible experience on our website.*

**Type 2 Diabetes** What is type 2 diabetes? Type 2 diabetes is a disease in which blood sugar levels are above normal. High blood sugar is a major cause of heart disease, kidney disease, stroke, amputation, and blindness. In , diabetes was the seventh leading cause of death in the United States. Family history and genes play a large role in type 2 diabetes. Other risk factors include a low activity level, poor diet, and excess body weight around the waist. In the United States, type 2 diabetes is more common among blacks, Latinos, and American Indians than among whites. It may be that being overweight causes cells to change, making them resistant to the hormone insulin. Insulin carries sugar from blood to the cells, where it is used for energy. When a person is insulin resistant , blood sugar cannot be taken up by the cells, resulting in high blood sugar. In addition, the cells that produce insulin must work extra hard to try to keep blood sugar normal. This may cause these cells to gradually fail. How can weight loss help? If you are at risk for type 2 diabetes , losing weight may help prevent or delay the onset of diabetes. If you have type 2 diabetes, losing weight and becoming more physically active can help you control your blood sugar levels and prevent or delay health problems. Losing weight and exercising more may also allow you to reduce the amount of diabetes medicine you take. How much weight loss may prevent or delay diabetes? The National Institutes of Health sponsored a large clinical study named the Diabetes Prevention Program DPP to look at ways to prevent type 2 diabetes in adults who were overweight. The DPP found that losing just 5 to 7 percent of your body weight and doing moderately intense exercise like brisk walking for minutes a week may prevent or delay the onset of type 2 diabetes.

**High Blood Pressure** What is high blood pressure? Every time your heart beats, it pumps blood through your arteries to the rest of your body. Blood pressure is how hard your blood pushes against the walls of your arteries. High blood pressure hypertension usually has no symptoms, but it may cause serious problems, such as heart disease, stroke, and kidney failure. If the top number systolic blood pressure is consistently or higher or the bottom number diastolic blood pressure is 90 or higher, you are considered to have high blood pressure. How is high blood pressure linked to overweight? High blood pressure is linked to overweight and obesity in several ways. Having a large body size may increase blood pressure because your heart needs to pump harder to supply blood to all your cells. Excess fat may also damage your kidneys, which help regulate blood pressure. Weight loss that will get you close to the normal BMI range may greatly lower high blood pressure. Other helpful changes are to quit smoking, reduce salt, and get regular physical activity.

**Heart Disease** What is heart disease? Heart disease is a term used to describe several problems that may affect your heart. The most common type of problem happens when a blood vessel that carries blood to the heart becomes hard and narrow. This may keep the heart from getting all the blood it needs. Other problems may affect how well the heart pumps. If you have heart disease, you may suffer from a heart attack, heart failure, sudden cardiac death, angina chest pain , or abnormal heart rhythm. Heart disease is the leading cause of death in the United States. People who are overweight or obese often have health problems that may increase the risk for heart disease. These health problems include high blood pressure, high cholesterol, and high blood sugar. In addition, excess weight may cause changes to your heart that make it work harder to send blood to all the cells in your body. Losing 5 to 10 percent of your weight may lower your chances of developing heart disease. If you weigh pounds, this means losing as little as 10 pounds. Weight loss may improve blood pressure, cholesterol levels, and blood flow.

**Stroke** What is a stroke? A stroke happens when the flow of blood to a part of your brain stops, causing brain cells to die. The most common type of stroke, called ischemic stroke, occurs when a blood clot blocks an artery that carries blood to the brain. Another type of stroke, called hemorrhagic stroke, happens when a blood vessel in the brain bursts. How are strokes linked to overweight? Overweight and obesity are known to increase blood pressure. High blood pressure is the leading cause of strokes. Excess weight also increases your chances of developing other problems linked to strokes, including high cholesterol, high blood sugar, and heart disease. One of the most important things you can do to reduce your stroke risk is to keep

your blood pressure under control. Losing weight may help you lower your blood pressure. It may also improve your cholesterol and blood sugar, which may then lower your risk for stroke.

**Cancer** What is cancer? Cancer occurs when cells in one part of the body, such as the colon, grow abnormally or out of control. The cancerous cells sometimes spread to other parts of the body, such as the liver. Cancer is the second leading cause of death in the United States. Fat cells may release hormones that affect cell growth, leading to cancer. Also, eating or physical activity habits that may lead to being overweight may also contribute to cancer risk. Avoiding weight gain may prevent a rise in cancer risk. Healthy eating and physical activity habits may lower cancer risk. Weight loss may also lower your risk, although studies have been inconclusive.

**What kinds of cancers are linked to overweight and obesity?** Being overweight increases the risk of developing certain cancers, including the following:

1. Sleep apnea is a condition in which a person has one or more pauses in breathing during sleep. A person who has sleep apnea may suffer from daytime sleepiness, difficulty focusing, and even heart failure.

**How is sleep apnea linked to overweight?** Obesity is the most important risk factor for sleep apnea. A person who is overweight may have more fat stored around his or her neck. This may make the airway smaller. A smaller airway can make breathing difficult or loud because of snoring, or breathing may stop altogether for short periods of time. In addition, fat stored in the neck and throughout the body may produce substances that cause inflammation. Inflammation in the neck is a risk factor for sleep apnea. Weight loss usually improves sleep apnea. Weight loss may help to decrease neck size and lessen inflammation.

**Osteoarthritis** What is osteoarthritis? Osteoarthritis is a common health problem that causes pain and stiffness in your joints. Osteoarthritis is often related to aging or to an injury, and most often affects the joints of the hands, knees, hips, and lower back.

**How is osteoarthritis linked to overweight?** Being overweight is one of the risk factors for osteoarthritis, along with joint injury, older age, and genetic factors. Extra weight may place extra pressure on joints and cartilage, the hard but slippery tissue that covers the ends of your bones at a joint, causing them to wear away. In addition, people with more body fat may have higher blood levels of substances that cause inflammation. Inflamed joints may raise the risk for osteoarthritis. For those who are overweight or obese, losing weight may help reduce the risk of developing osteoarthritis. Weight loss of at least 5 percent of your body weight may decrease stress on your knees, hips, and lower back and lessen inflammation in your body. If you have osteoarthritis, losing weight may help improve your symptoms. Research also shows that exercise is one of the best treatments for osteoarthritis. Exercise can improve mood, decrease pain, and increase flexibility.

**Fatty Liver Disease** What is fatty liver disease? Fatty liver disease, also known as nonalcoholic steatohepatitis (NASH), occurs when fat builds up in the liver and causes injury. Fatty liver disease may lead to severe liver damage, cirrhosis (scar tissue), or even liver failure. Fatty liver disease usually produces mild or no symptoms.

**How is fatty liver disease linked to overweight?** The cause of fatty liver disease is still not known. Fatty liver disease may also affect children. Although there is no specific treatment for fatty liver disease, patients are generally advised to lose weight, eat a healthy diet, increase physical activity, and avoid drinking alcohol. If you have fatty liver disease, lowering your body weight to a healthy range may improve liver tests and reverse the disease to some extent.

**Kidney Disease** What is kidney disease?

**Chapter 4 : Obesity: MedlinePlus Medical Encyclopedia**

*Presents basic information about what obesity is, what causes it, how it affects a person's health, how to avoid becoming obese, and what it is like to have a friend that is obese. Rating: (not yet rated) 0 with reviews - Be the first.*

The study of these genetic syndromes has helped researchers understand obesity. People with this condition have low levels of thyroid hormones. People with hypothyroidism also produce less body heat, have a lower body temperature, and do not efficiently use stored fat for energy. People with this condition have high levels of glucocorticoids, such as cortisol, in the blood. High cortisol levels make the body feel like it is under chronic stress. As a result, people have an increase in appetite and the body will store more fat. Some tumors, such as craneopharingioma, can cause severe obesity because the tumors develop near parts of the brain that control hunger. Medicines Medicines such as antipsychotics, antidepressants, antiepileptics, and antihyperglycemics can cause weight gain and lead to overweight and obesity. Talk to your doctor if you notice weight gain while you are using one of these medicines. Ask if there are other forms of the same medicine or other medicines that can treat your medical condition, but have less of an effect on your weight. Do not stop taking the medicine without talking to your doctor. Several parts of your body, such as your stomach, intestines, pancreas, and fat tissue, use hormones to control how your brain decides if you are hungry or full. Risk Factors There are many risk factors for overweight and obesity. Some risk factors can be changed, such as unhealthy lifestyle habits and environments. Other risk factors, such as age, family history and genetics, race and ethnicity, and sex, cannot be changed. Unhealthy lifestyle habits Lack of physical activity, unhealthy eating patterns, not enough sleep, and high amounts of stress can increase your risk for overweight and obesity. Lack of physical activity Lack of physical activity due to high amounts of TV, computer, videogame or other screen usage has been associated with a high body mass index. Healthy lifestyle changes, such as being physically active and reducing screen time, can help you aim for a healthy weight. Unhealthy eating behaviors Some unhealthy eating behaviors can increase your risk for overweight and obesity. Eating more calories than you use. The amount of calories you need will vary based on your sex, age, and physical activity level. Find out your daily calorie needs or goals with the Body Weight Planner. Eating too much saturated and trans fats Eating foods high in added sugars Visit Heart-healthy eating for more information about healthy eating patterns. Not enough sleep Many studies have seen a high BMI in people who do not get enough sleep. Some studies have seen a relationship between sleep and the way our bodies use nutrients for energy and how lack of sleep can affect hormones that control hunger urges. Acute stress can trigger hormone changes that make you not want to eat. If the stress becomes chronic, hormone changes can make you eat more and store more fat. Age Childhood obesity remains a serious problem in the United States, and some populations are more at risk for childhood obesity than others. The risk of unhealthy weight gain increases as you age. Adults who have a healthy BMI often start to gain weight in young adulthood and continue to gain weight until 60 to 65 years old, when they tend to start losing weight. Unhealthy environments Many environmental factors can increase your risk for overweight and obesity: Research studies have found that certain DNA elements are associated with obesity. Learn more about these DNA changes. Also, studies have shown that obese fathers have DNA changes in their sperm that can be passed on to their children. Read less Race or ethnicity Overweight and obesity is highly prevalent in some racial and ethnic minority groups. Rates of obesity in American adults are highest in blacks, followed by Hispanics, then whites. This is true for men or women. While Asian men and women have the lowest rates of unhealthy BMIs, they may have high amounts of unhealthy fat in the abdomen. Samoans may be at risk for overweight and obesity because they may carry a DNA variant that is associated with increased BMI but not with common obesity-related complications. Sex In the United States, obesity is more common in black or Hispanic women than in black or Hispanic men. This is an endocrine condition that causes large ovaries and prevents proper ovulation, which can reduce fertility. Screening for a high or increasing body mass index BMI To screen for overweight and obesity, doctors measure BMI using calculations that depend on whether you are a child or an adult. A healthy weight for adults is usually when your BMI is Body mass index BMI is used to determine if you or your child are

underweight, healthy, or overweight or obese. Children are underweight if their BMI is below the 5th percentile, healthy weight if their BMI is between the 5th to less than the 85th percentile, overweight if their BMI is the 85th percentile to less than the 95th percentile, and obese if their BMI is the 95th percentile or above. Adults are underweight if their BMI is below Healthy lifestyle changes to prevent overweight and obesity If your BMI indicates you are getting close to being overweight, or if you have certain risk factors , your doctor may recommend you adopt healthy lifestyle changes to prevent you from becoming overweight and obese. Changes include healthy eating, being physically active, aiming for a healthy weight , and getting healthy amounts of sleep. Signs, Symptoms, and Complications There are no specific symptoms of overweight and obesity. The signs of overweight and obesity include a high body mass index BMI and an unhealthy body fat distribution that can be estimated by measuring your waist circumference. Obesity can cause complications in many parts of your body. Unhealthy body fat distribution Another sign of overweight and obesity is having an unhealthy body fat distribution. Fatty tissue is found in different parts of your body and has many functions. An increased waist circumference is a sign of obesity and can increase your risk for obesity-related complications. Did you know that fatty tissue has different functions depending on its location in your body?

**Chapter 5 : 1 in 10 people on Earth is obese, report finds - CBS News**

*I Know Someone Who Is Obese by Sue Barraclough This book introduces readers to what obesity is, how it affects people, how it can be prevented, and what they can do to be a good friend to someone who is obese.*

For a PDF version of this article, please click [here](#). When I decided to have gastric bypass surgery more than three years ago, the decision was all mine. Prior to the surgery, I really did believe that it would be taking the easy way out. Having had the surgery, I know that is further from the truth. I also know that obesity, namely my obesity, was something that I rarely liked to talk about, let alone listen to the advice from others. We also know that losing weight is the most important, and probably the most difficult thing we can try in our lives. Losing weight and leaving the obesity behind has been proven without doubt to improve or eliminate co-morbidities that exist as a result of obesity. Diabetes, hypertension, high cholesterol, even depression can be significantly effected by weight-loss. The question is; however, how to approach a close friend or loved one to discuss their health and their obesity. The answer is " very carefully. First, always keep in mind everything that I said previously. You are now attempting to tell us, your loved ones, something that we already know. Our life will significantly improve if we lose weight. Evaluate your relationship with the person you are about to talk with. Have you had such personal conversations before? Be extra sensitive so that you can detect even the slightest feeling of your loved one being uncomfortable and stop the conversation. Let them know how much you care about them. Emphasize that this discussion has nothing to do with how they look. Remind them that they are living for you as well as themselves, and that you want them around as long as possible. Provide Informationâ€Not Diet Suggestions Use the Internet or your library to research the benefits of weight-loss and provide your loved one with the studies to back up your advice. Attend those weight-loss meetings with them. Put yourself on the same nutrition and exercise program that they may go on. Let us make our own decisions, while providing a helping hand along the way. Perhaps someone with whom you have a very good relationship, but not one as close as you would with a family member. Remember, do your homework before you speak with your friend. Before you approach your friend, imagine the situation if it were reversed. Treat your friend as you would want to be treated and approach them in that way. Let them know that you are concerned and not judging them. Assure them that you will be as helpful as possible. Even if you cannot attend support meetings with them, an open ear is always appreciated. Trust me, we all can use as much support as possible, even if it is a telephone call. Above all, remember that only your loved one or friend can make the final decision. With your help, success is a real possibility. In July , he underwent weight-loss surgery, and to date has lost more than pounds. He has handled insurance litigation matters for nearly 15 years.

**Chapter 6 : Health Risks of Being Overweight | NIDDK**

*I Know Someone Who Is Obese by Sue Barraclough, , available at Book Depository with free delivery worldwide.*

Normal weight range for the height: Overweight refers to increased body weight in relation to height beyond the accepted standard. The standard has been defined by the medical profession on the basis of a variety of reference percentiles based on body mass index BMI in various populations. Becoming overweight may or may not be due to increases in body fat. It may also be due to an increase in lean muscle. For example, professional athletes or military personnel may be very lean and muscular, with very little body fat, yet they may weigh more than others of the same height. While they may qualify as overweight due to their large muscle mass, they are not necessarily fat. Obesity is defined as an excessively high amount of body fat or adipose tissue in relation to lean body mass. Being obese means that body fat is now beyond an accepted standard for your height. Currently, 34 percent of Americans are overweight and a separate 34 percent are obese, according to the Center for Disease Control and Prevention in Atlanta. But only for a relatively small percentage of the population. There is also a genetic tendency to becoming overweight, but this is less clearly defined. For example, studies show that some of us have a genetic tendency to gain weight while eating fried foods, while others can consume all the fries they want to without gaining much weight. In , for example, a group of scientists demonstrated that physical activity offsets the effects of one obesity-promoting gene, a common variant of FTO. The study, in which 17, Danish men and women took part, found that people who carried the obesity-promoting gene, and who were inactive, had higher BMIs than people without the gene variant who were inactive. Having a genetic predisposition to obesity did not seem to matter, however, for people who were active: Their BMIs were no higher or lower than those of people who did not have the obesity gene. Physical Activity Makes the Difference It adds up to this: Physical activity gets energy out and helps keep you at a healthy weight, regardless of your genetic inheritance. The best way to avoid being fat forever is to not get too fat in the first place. It Helps to Never Gain Too Much Weight This is because the very act of losing weight places your body in a metabolically disadvantaged state “ for how long, nobody is sure. A study, published in the New England Journal of Medicine, suggests that if a person loses 10 percent of his or her body weight “ going from, for example, pounds to pounds “ there is a long-lasting change in the levels of hunger-controlling hormones which will make her crave food. The body seeks to defend that formerly heavier weight you got to, and it has vigorous mechanisms to achieve that, the study shows. As soon as you drop your guard, the weight creeps back on because your metabolism is not working as efficiently.

**Chapter 7 : How do you know if someone is obese-Fitness Health Questions answered**

*How do you know if someone is obese Health related question in topics theinnatdunvilla.com found some answers as below for this question "How do you know if someone is obese",you can compare them.*

URL of this page: It is not the same as being overweight, which means weighing too much. A person may be overweight from extra muscle or water, as well as from having too much fat. Causes Taking in more calories than your body burns can lead to obesity. This is because the body stores unused calories as fat. Obesity can be caused by: Eating more food than your body can use Drinking too much alcohol Not getting enough exercise Many obese people who lose large amounts of weight and gain it back think it is their fault. They blame themselves for not having the willpower to keep the weight off. Many people regain more weight than they lost. Today, we know that biology is a big reason why some people cannot keep the weight off. Some people who live in the same place and eat the same foods become obese, while others do not. Our bodies have a complex system to keep our weight at a healthy level. In some people, this system does not work normally. The way we eat when we are children can affect the way we eat as adults. The way we eat over many years becomes a habit. It affects what we eat, when we eat, and how much we eat. We may feel that we are surrounded by things that make it easy to overeat and hard to stay active. Many people feel they do not have time to plan and make healthy meals. More people today work desk jobs compared to more active jobs in the past. People with little free time may have less time to exercise. The term eating disorder means a group of medical conditions that have an unhealthy focus on eating, dieting, losing or gaining weight, and body image. A person may be obese, follow an unhealthy diet, and have an eating disorder all at the same time. Sometimes, medical problems or treatments cause weight gain, including: Medicines such as birth control pills, antidepressants, and antipsychotics Other things that can cause weight gain are: Quitting smoking -- Many people who quit smoking gain 4 to 10 pounds lb or 2 to 5 kilograms kg in the first 6 months after quitting. Stress, anxiety, feeling sad, or not sleeping well. Menopause -- Women may gain 12 to 15 lb 5. Pregnancy -- Women may not lose the weight they gained during pregnancy. Exams and Tests The health care provider will perform a physical exam and ask about your medical history, eating habits, and exercise routine. The two most common ways to assess your weight and measure health risks related to your weight are: You and your provider can use your BMI to estimate how much body fat you have. Your waist measurement is another way to estimate how much body fat you have. Extra weight around your middle or stomach area increases your risk for type 2 diabetes, heart disease, and stroke. People with "apple-shaped" bodies meaning they tend to store fat around their waist and have a slim lower body also have an increased risk for these diseases. Skin fold measurements may be taken to check your body fat percentage. Blood tests may be done to look for thyroid or hormone problems that could lead to weight gain. Even modest weight loss can improve your health. You may need a lot of support from family and friends. Your main goal should be to learn new, healthy ways of eating and make them part of your daily routine. Many people find it hard to change their eating habits and behaviors. You may have practiced some habits for so long that you may not even know they are unhealthy, or you do them without thinking. You need to be motivated to make lifestyle changes. Make the behavior change part of your life over the long term. Know that it takes time to make and keep a change in your lifestyle. Work with your provider and dietitian to set realistic, safe daily calorie counts that help you lose weight while staying healthy. Remember that if you drop weight slowly and steadily, you are more likely to keep it off. Your dietitian can teach you about: Healthy food choices at home and in restaurants.

**Chapter 8 : I Know Someone Who Is Obese | Capstone Library**

*Having that excess fat on your body puts extra stress on your body's bones, muscles, and organs. Here are some of the serious conditions an obese person has increased risk for: Health Problems Caused by Obesity. Heart disease and cardiovascular problems: Obesity can affect your heart health in a variety of ways. When it comes to coronary heart disease, your risk rises as your weight rises.*

Many people lead a much more sedentary lifestyle than their parents and grandparents did. Examples of sedentary habits include: Several studies have shown that physical activity can help to keep insulin levels stable and that unstable insulin levels may lead to weight gain. Researchers who published a review in *BMJ Open Sport and Exercise Medicine* in noted that, while the designs of some studies make it hard to draw exact conclusions, "A lifestyle incorporating regular [physical activity] has been identified as a key factor for maintaining and improving many aspects of health, including insulin sensitivity. Physical work, walking or cycling, climbing stairs, and household tasks all contribute. However, the type and intensity of activity may affect the degree to which it benefits the body in the short- and long-term. Researchers reviewed evidence for over 28, children and 15, adults in the United Kingdom from to In , they concluded that sleep deprivation significantly increased obesity risk in both adults and children. The changes affected children as young as 5 years of age. The team suggested that sleep deprivation may lead to obesity because it can lead to hormonal changes that increase the appetite. When a person does not sleep enough, their body produces ghrelin, a hormone that stimulates appetite. At the same time, a lack of sleep also results in a lower production of leptin, a hormone that suppresses the appetite. Features of metabolic syndrome include diabetes , cardiovascular disease, and high blood pressure. People with obesity are more likely to have metabolic syndrome. After feeding rats a percent fructose solution for 14 days, the scientists noted that their metabolism was starting to change. Scientists believe there is a link between high consumption of fructose and obesity and metabolic syndrome. Authorities have raised concerns about the use of high-fructose corn syrup to sweeten drinks and other food products. Animal studies have found that when obesity occurs due to fructose consumption, there is also a close link with type 2 diabetes. In , researchers published the results of investigations involving young rats. They, too experienced metabolic changes, oxidative stress , and inflammation after consuming fructose syrup. The researchers note that "increased fructose intake may be an important predictor of metabolic risk in young people. Avoiding high-fructose corn syrup Ready-made sauces often contain high-fructose corn syrup, which scientists have linked to a risk of obesity. Foods that contain high-fructose corn syrup include: Results of a review and meta-analysis published in *The Journal of Clinical Endocrinology and Metabolism* in found that some medicines caused people to gain weight over a period of months. Anyone who is starting a new medication and is concerned about their weight should ask their doctor whether the drug is likely to have any effect on weight. The longer a person is overweight, the harder it may be for them to lose weight. Findings of a mouse study , published in the journal *Nature Communications* in , suggested that the more fat a person carries, the less likely the body is to burn fat, because of a protein, or gene, known as sLR It seems that the more fat a person has, the more sLR11 their body will produce. A study published in points to a link between this gene and: Ghrelin also affects the release of growth hormones and how the body accumulates fat, among other functions. In a study involving people with eating disorders, published in *Plos One* in , researchers suggested that aspects of FTO might also play a role in conditions, such as binge eating and emotional eating. Takeaway Many factors play a role in the development of obesity. Genetic traits can increase the risk in some people. A healthful diet that contains plenty of fresh food, together with regular exercise, will reduce the risk of obesity in most people. However, those that have a genetic predisposition may find it harder to maintain a healthy weight.

**Chapter 9 : Do you know someone who is eating themselves to death? | Shades of Hope Treatment Center**

*A person is considered obese when his or her weight is 20% or more above normal weight. WebMD takes a look at obesity and some solutions.*

This effect is seen after 10 to 30 years of being obese. Doctors generally agree that the more obese a person is, the more likely it is that he or she will have health problems. Family history of certain chronic diseases: People with close relatives who have had heart disease or diabetes are more likely to develop these problems if they are obese. High blood pressure, high cholesterol levels, or high blood sugar levels are all warning signs of some obesity-associated diseases. People whose weight is concentrated around the abdomen may be at greater risk of developing heart disease, diabetes, or cancer than people of the same weight who are "pear-shaped. What causes this imbalance between consuming and burning calories is unclear. Evidence suggests that obesity often has more than one cause. Environmental, psychological, genetic, and other factors all may play a part. Environment includes lifestyle behaviors, such as what a person eats and how active he or she is. Americans tend to have high-fat diets, often putting taste and convenience ahead of nutritional content when choosing meals. People can change what they eat and how active they are as a means of changing their weight status. Psychological factors also may influence eating habits. Many people eat in response to negative emotions such as boredom, sadness, or anger. Those with the most severe binge eating problems are considered to have what is called binge eating disorder. These people may have more difficulty losing weight and keeping the weight off than people without binge eating problems. Some will need special help, such as counseling or medication, to control their binge eating before they can successfully manage their weight. Obesity tends to run in families, suggesting that it may have a genetic cause. However, family members share not only genes but also diet and lifestyle habits that may contribute to obesity. Separating these lifestyle factors from genetic ones is often difficult. Still, growing evidence points to heredity as a strong determining factor of obesity. However, many people genetically predisposed to obesity do not become obese or are able to lose weight and keep it off. Other causes of obesity: Some illnesses can lower the metabolism or trigger an increased appetite which can cause obesity. Certain drugs, such as steroids and some antidepressants, may cause excessive weight gain through the same methods.