



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

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Obesity

Obesity

Obesity is defined as ‘abnormal or excessive fat accumulation that may impair health’

Although research suggests that waist circumference has a closer association with morbidity and mortality, obesity is still classified by the assessment of Body Mass Index (BMI) because:

- It is easy to use
- It requires no specialist equipment
- Statistics can be gathered on a large population scale



The causes of obesity are complex and not just a case of energy intake exceeding energy expenditure over time

The causes differ between individuals, population groups and across a person's life course, with the accumulation of excess fat, and therefore weight, being the end result of a variety of causes

The following have a role in determining obesity:

- Growth and development in early life
- Eating and physical activity behaviours
- Beliefs and attitudes
- Economic and social aspects

Obesogenic environments

Environments (places and activities) that encourage unhealthy eating and inactivity, for example:

- Cars
- Television
- Computers, gaming equipment
- Smartphones
- Desk jobs
- Longer working hours
- High-calorie food
- Clever food marketing

Obesity issues

Physical

- Breathlessness
- Increased sweating
- Snoring and/or difficulty sleeping
- Inability to cope with sudden onset of physical activity
- Joint pain

Serious conditions

- Metabolic syndrome
- Type 2 diabetes
- Cardiovascular disease
- Hypertension
- Stroke
- Certain forms of cancer

Metabolic syndrome is a cluster of diseases associated with abdominal obesity. This includes risk of type 2 diabetes, hypertension and cardiovascular disease

Food intake needs to be nutritious and the diet balanced but involving a reduction in calories to enable an individual to lose weight/body fat. Nutrition experts currently advise starting by cutting out high-fat and high-sugar foods

Physical activity needs to optimise energy expenditure, yet minimise potential for injury. It should also be enjoyable and practical and fit into the individual's lifestyle

Accumulating physical activity during the day will help to distribute energy expenditure throughout the day and will support individuals who find it challenging to participate in formal exercise sessions

Obesity issues

Psychological

- Low self-esteem
- Poor self-image
- Low confidence levels
- Feelings of isolation
- Poor quality of life



