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Chronic Illness Education 2022: Obesity Awareness in Adults

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Increasing Awareness of Obesity in Adults

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Learning Community: Green 25

Age Group: Adults 35-65

Curriculum Tie-In: GI/Cardiology P4



Factors that Contribute to Obesity and Long Term Effects



Adult Obesity

As of 2020, the prevalence of obesity was **41.7 %** (CDC)

Risk Factors

- **Lack of exercise**
 - ~50% of adults do not get enough aerobic physical activity (CDC)
- **Poor diet**
 - 90% of Americans consume too much sodium (CDC)
- **Pre-existing medical conditions**
 - Medications for common conditions such as diabetes, depression, or high blood pressure may lead to obesity (NHLBI)
 - Cushing syndrome, thyroid problems (Mayo)
- **Stress**
 - Association between cortisol and BMI
- **Poor Sleep**
 - Less sleep or irregular sleep schedule



Long Term Effects

- **Diabetes**
 - Obesity is linked to 30-53% of new diabetes cases in the U.S. yearly
- **Heart Disease**
- Leading Cause of Lower life expectancy
- Increased medial costs
 - "Medical costs for adults who had obesity were \$1,861 higher than medical costs for people with healthy weight." (CDC)
- Hypercholesterolemia
- Cancer
- Hypertension
- Stroke
- Sleep Apnea
- Fatty Liver Disease
- Depression

Negative Effects of Obesity on Health

Micro:

- Education on identifying healthy foods
- Incorporating and teaching healthy lifestyle choices

Meso:

- Access to healthy stores and markets
- Community cooking classes (preferably free to community members)

Macro:

- Subsidizing healthy food options (vegetables/fruit)
- “Soda taxes”

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	20%
Includes 10g Added Sugars	
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories Count!
Keeping track of how many calories you are getting helps with weight management.

Eat More of These:
Fiber, Vitamin D, Calcium, Iron and Potassium help keep your body working properly. Aim for higher amounts of these.

Check Serving Size First:
Compare the serving size to how much you will eat or drink. If the serving size is one cup and you eat two cups, you're getting twice the calories, fat, and other nutrients listed on the label.

Eat Less of These:
Too much Saturated Fat, Trans Fat, Sodium, and Added Sugars are unhealthy and can lead to weight gain, heart disease, and other chronic diseases.



Summary

- Prevalence of obesity in the US predisposes many patients to numerous health issues, which must be addressed early, rather than reactive medical care
- Importance of advocating for SMART goal-setting and healthy lifestyle choices with each patient encounter
- Advocating for healthy food subsidization will have a substantial impact on overall patient outcomes across the US

