

Patient Education Projects

Patient Education

9-23-2022

Chronic Illness Education 2022: Obesity Awareness in Adults

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Recommended Citation

Mumm, Tyler; Kim, Daniel; Katzman, Jacob; De La Torre, Liana; Samir, Mariam; Marsh, Parker; and Pathanjeli, Pragathi, "Chronic Illness Education 2022: Obesity Awareness in Adults" (2022). *Patient Education Projects*. 341.

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Increasing Awareness of Obesity in Adults

Authors: Marsh, P., Kim, D., Katzman, J., Samir, M., Pragathi, P., De La Torre, L.

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. vearly
- · 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

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Negative Effects of Obesity on Health

Micro:

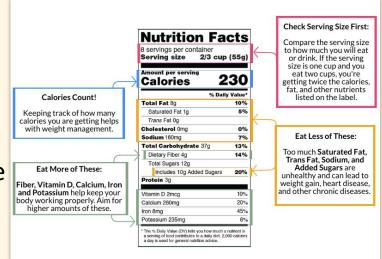
- Education on identifying healthy foods Incorporating and teaching healthy
- lifestyle choices

Meso:

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

Macro:

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





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

