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Introduction: Topics to be Discussed

- Obesity disorder

- Causes and symptoms of Obesity

- Effects of stress towards the condition

- The number of people affected by Obesity disorder

- Obesity disorder association with behavioral conditions

- Association of obesity disorder with other categories of stress such as emotions

- Occupations at high risk for stress

- Conclusion

Obesity Disorder

▶ Obesity is normally a lifestyle disease that involves excess amounts of body fats

▶ It is a medical problem because of the excessive fats in one's body

▶ It causes chronic diseases for instance high blood pressure and diabetes

▶ Obesity has become so rampant in the United States and developed countries

▶ This is because of consuming over-processed foods high in calories

▶ Also, not having enough time to exercise due to busy schedules causes obesity

▶ Doctors use the body mass index measurement to determine if one is obese

▶ This disease decreases life expectancy in adults (Bray et al, 2017)

▶ The next slide will discuss more causes of obesity

Causes of Obesity

- Apart from consuming a high-calorie diet, obesity is also caused by genetics

- If one's parent is obese, it is highly likely that the child, too, will become obese

- This happens if preventive measures are not practiced on the child early enough

- Genetic issues are caused by leptin, a hormone that is produced in the fat cells

- Overeating is another cause for obesity

- If one tends to indulge in foods that are high in calories, they become obese

- Sometimes medication one is under can cause weight gain, such as anti-depressants

- Another cause of obesity is psychological factors such as stress, anger, or sadness

- These factors lead one to overindulge in food to feel better

- Social issues like inadequate funds can lead to making poor decisions during food purchases (Butler, 2016)

Obesity as a Behavioral Conditions

▶ Most times when individuals are stressed, they indulge in over-eating

▶ Most people over-eat until they become obese due to stress

▶ The stress could be from work, or family due to certain situations

▶ Hence, this makes individuals to indulge in an unhealthy eating behavior (Meldrum et al., 2017)

▶ People overindulge food to feel better

▶ However, they gain stress when they feel that their behavior has caused obesity

▶ Also, social issues causes poor decisions when it comes to food purchases

▶ Other mental diseases such as depression, and anxiety causes one to indulge in food

Association of Obesity Disorder With Other Categories of Stress Such As Emotions

- Obesity is caused by behavioral reaction to stress

- However, most people ever-eat and suffer from obesity due to emotions

- For example, if an individual's heart is broken, they can indulge in over-eating

- Also, if an individual gets angry or sad, then they are bound to indulge on food

- This hence, causes obesity due to increase in appetite

- Emotions also cause stress, leading to increase in appetite

- This can lead to one suffering from obesity due to uncontrolled emotions

- Not being able to control emotions can lead to adverse conditions like obesity

- Obesity disorder is not only behavioral, but also it is associated with emotions

Occupations At High Risk For Stress

▶ A trauma nurse is at a high risk of having stress

▶ Working with trauma patients is not easy

▶ As a trauma nurse, it is their duty to be patient and help their traumatized patients

▶ Therefore, they end up being stressed when some patients do not respond to treatment

▶ Also, if not handled with care, traumatized patients can never recover

▶ Hence, this gives trauma nurses stress and pressure to take good care of them

▶ Trauma nurses are mostly burnt out due to the amount of trauma case available daily (Munnangi et al., 2018)

▶ Most traumatized patients find it hard to recover if they are not given the right support

▶ Thus, trauma nurses are given this responsibility to help patients recover from traumas

▶ The whole process makes trauma nurses stressed and tired by the end of the day

Trauma Nurses

▶ Trauma nurses can be affected either emotionally, physically or cognitively

▶ Nurses can get emotional stress when patients go through a painful ordeal

▶ For example, a patient brought in with serious stab wounds

▶ Hence, making the trauma nurse not to function well

figure 1:

Trauma Nurses in surgery

▶ Physically, trauma nurses can suffer from stress due to long hours of working

▶ Other symptoms include feeling tired, dizziness and general pains and aches

▶ Cognitively, nurses undergo stress due to inability to focus and constant worrying

▶ Therefore, trauma nurses are at a high risk of stress due to their line of work

Conclusion

- Obesity is a behavioral stress disorder caused by over-eating

- It is also emotional stress disorder caused when one cannot control their feelings

- This is because, emotional stress can cause increase in appetite for most people

- Thus, leading to suffering from obesity disorder

- Many people in the United States suffer from this disorder due to their lifestyles

- Stress can affect anybody, whether in a career or not

- Some contract stress disorders while others do not

- Some of the professionals that are at a high risk of having stress are trauma nurses

- As discussed above, most of the nurses suffer from stress amount of work they have

- They experience burnout due to the patients admitted for emergency treatments

- Therefore, no one is immune to stress

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