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Submission date: 15-Dec-2020 11:26PM (UTC-0500)

Submission ID: 1476473544

File name: Obesity.pptx (405.58K)

Word count: 1000

Character count: 5266

Stress Disorders: Obesity Disorder

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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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