



Obesity

Obesity the Facts

Obesity is becoming one of the fastest growing health problems in Ireland. One in eight Irish people are obese and every second person is overweight. In addition, according to the government-appointed National Taskforce on Obesity, 300 000 children are overweight or obese.

How is obesity defined?

A dietitian assesses an individual's body weight by calculating their Body Mass Index (BMI). A BMI result above 25 is classified as overweight, while a result above 30 indicates a person is obese.

What are the consequences of obesity on a person's health?

Obesity is an independent risk factor for premature death. It is strongly associated, probably causally, with a number of other serious yet common medical conditions such as

High Blood pressure

Type II Diabetes

High blood fat levels

Heart Disease

Other conditions associated with being over weight include strokes, Gall stones, sleep apnoea, some cancers and reproductive problems including polycystic ovarian syndrome and infertility.

Causes of Obesity

In most cases, obesity arises as a consequence of a long-term excess of food intake relative to an individual's daily exercise / energy expenditure. A high intake of energy-dense (rich) foods, in addition to lower physical activity levels promotes weight gain. Research suggests that passive over consumption of high-energy dense foods results in obesity. For example 100 extra calories a day - can add another an extra 10 pounds of weight per year. Linked to this is the issue of large portion sizes, a further factor for unhealthy weight gain.

Prevention of Obesity

Obesity is caused by lifestyle choices. Habits need to be changed if an obese person is to stand a good chance of losing weight. Effective weight management for individuals at risk of developing obesity or for those who are currently over weight involves support and education for healthy diets and regular physical activity. A referral to a registered dietitian can made at the Bon Secours Hospital – Ph 01-8065488.

More Detailed information on weight management is available from
<http://www.bdaweightwise.com> www.indi.ie

Bon Secours Dietetic Department: Tel 01-8065488
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