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RESEARCH ARTICLE

IMPROVING AWARENESS OF PATIENTS WITH OBESITY AND ITS HEALTHCARE IMPLICATIONS

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Abstract

Background: Obesity is officially recognized as a chronic disease and a top public health priority by several global societies and healthcare bodies. This research aimed to examine the awareness of patients who are suffering from obesity and adopt the required healthcare measurements to minimize the level of obesity.

Methods: A cross-sectional study was used in this research work that helped in raising the awareness of patients regarding obesity and adhering to healthy activities. The philosophy of positivism would be appropriate because this research work involved a detailed analysis of gathered data which is quantitative in nature. The approach of research that would be best for this research work is an inductive approach which is based on developing a new theory and that is what is required for executing this research work. The design for executing the research work is descriptive because a cross-sectional study was executed and therefore the assessment of the gathered data involved a detailed and descriptive assessment of the retrieved data.

Results: Of 610 participants included in the current study, 486 of study participants agreed that they feel that obesity is increasing in recent times (79.7%). Vast majority of study participants believed that eating habits have a role in the development of obesity (n= 594, 97.4%). The same percentage almost believed that avoiding oily and junk food would reduce obesity (n= 581, 95.2%). In addition, more than half of study participants experienced some issues with excessive weight and suffering from obesity (n= 353, 57.9%). The most frequent issue experienced by obese individuals was diabetes (n= 300, 49.2%). They responded that low carbohydrates diet is the best choice (n= 406,

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66.6%) followed by green vegetables (n= 169, 27.7%) then fruits came in the last place (n= 35, 5.7%).

Conclusion: Most of study participants agreed that they feel that obesity is increasing in recent times. Vast majority of study participants believed that eating habits have a role in the development of obesity. Study revealed that the most frequent issue experienced by obese individuals was diabetes.

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Introduction:-

The term "obesity" is used to describe a medical condition in which excessive body fat is a symptom. Caused by eating many sugary and fatty foods but failing to burn off the excess energy, the body becomes overweight. High blood pressure, cardiovascular illness, diabetes, and even certain types of cancer have all been linked to this disorder [1]. There is growing alarm about the pandemic proportions obesity has reportedly reached. This health issue manifests itself physically and is brought on by a combination of variables, including food and lifestyle choices, that may be either physiological or environmental. Even though this factor may be inherited, people's lifestyles are the primary cause of obesity and need to be addressed to prevent further health problems [2].

Obesity is a serious illness characterized by the accumulation of excess body fat and the failure to expend this fat as a source of energy. Diabetes, high blood pressure, and heart problems are just some of the many health problems that may be embedded inside a person who is overweight [3]. Cases of obesity are on the rise, and there are several causes that make weight loss difficult for today's population. Changes in diet and exercise schedules have contributed significantly to this. Excessive weight gain is the consequence of all these factors, which all play a role in the accumulation of fat and sugar in the body [4].

Achieving a healthy body and lifestyle depends in large part on this component, which is why many individuals today are investing significant resources into combating the epidemic of obesity.

Obesity is an illness that may be combatted by a variety of healthcare strategies. This would aid obese people in losing weight and encourage them to stick to healthcare plans aimed at reducing obesity [5].

Adults should participate in a variety of workouts and other physical activity on a regular basis. Those patients who are deemed to be overweight must have their diets closely supervised. Reduce your carbohydrate intake and eliminate sugar from your diet. Fruits and vegetables should make up a large portion of the diet, and the metabolic rate should be accelerated [5]. It is also important to stick to a normal sleep schedule, keep an eye on your weight, and ramp up your exercise level. All these things would benefit patients and increase awareness among them to decrease obesity and adopt a better lifestyle that would lead to a healthy body.

This research aimed to examine the awareness of patients who are suffering from obesity and adopt the required healthcare measurements to minimize the level of obesity.

Methods:-

Research philosophy

A cross-sectional study was used in this research work that helped in raising the awareness of patients regarding obesity and adhering to healthy activities. The **philosophy of positivism** would be appropriate because this research work involved a detailed analysis of gathered data which is quantitative in nature [6].

Research Approach

The approach of research that would be best for this research work is an **inductive approach** which is based on developing a new theory and that is what is required for executing this research work.

Research Design

The design for executing the research work is **descriptive** because a cross-sectional study was executed and therefore the assessment of the gathered data involved a detailed and descriptive assessment of the retrieved data [6].

Research Method:-

For a cross-sectional study, the primary method was used and this was ideal because the research work engaged in gathering first-hand data through conducting surveys [6]. This would help in a better understanding of the research topic and aid in getting the needed result.

Sample

The technique of sampling that was used for this research work is **stratified random sampling**. The sample size included patients suffering from obesity and whose age range lies between 30-50years.

Data Collection

In order to gather first-hand information, a survey was executed that involved fourteen multiple-choice questionnaires. In order to get a better perception of raising awareness among patients regarding obesity, a survey would be an ideal choice [6].

Data Analysis

Quantitative analysis of data is appropriate for this research work because this work followed the path of a cross-sectional study and a survey was conducted [6]. It is for this reason that a quantitative assessment of the retrieved data is the best fit.

Validity And Reliability

The data that was retrieved was taken from genuine sources and the data that was considered was not changed to serve any personal interest [6]. Therefore, this is reflective of the fact that the aspect of validity, as well as reliability, are maintained throughout the execution of the research work.

Ethical Consideration

In order to maintain the ethical aspect, the research work was executed upholding the privacy of all the sources comprising both data and the person who is associated with the research work.

Results:-

The study included 610 participants. Participants responded to all survey items. Most of study participants agreed that they feel that obesity is increasing in recent times (n= 486, 79.7%). Vast majority of study participants believed that eating habits have a role in the development of obesity (n= 594, 97.4%). The same percentage almost believed that avoiding oily and junk food would reduce obesity (n= 581, 95.2%). In addition, more than half of study participants experienced some issues with excessive weight and suffering from obesity (n= 353, 57.9%). Moreover, more than half of study participants didn't agree that it is easy to reduce weight for people who are suffering from obesity (n= 327, 53.6%). Moreover, 557 participants think that they low-fat food and maintaining a proper sleep cycle will help in reducing obesity (91.3%). Participants' responses to survey items is summarized in table 1.

Table 1:- Participants responses to survey items.

Survey Item	Yes	Neutral	No
1) Do you feel that the rate of obesity has increased in recent times?	486 79.7%	37 6.1%	87 14.3%
2) Do you consider that eating habits have an active role in contributing towards rising in obesity?	594 97.4%	3 0.5%	13 2.1%
4) Did you experience any issues with excessive weight and suffering from obesity?	353 57.9%	66 10.8%	191 31.1%
8) Do you consider that avoiding oily and junk foods will help in reducing obesity?	581 95.2%	7 1.1%	22 3.6%
9) Do you consider that going to the gym center will assist in reducing obesity?	481 78.9%	86 14.1%	43 7%
10) Do you feel that it is easy to reduce weight for people who are suffering from obesity?	199 32.6%	84 13.8%	327 53.6%
11) Do you think that motivating the patients will help them combat the issue of obesity?	544 89.2%	24 3.9%	42 6.9%
12) Would you recommend other people suffering from obesity go to the	523	57	30

gym?	85.7%	9.3%	4.9%
13) Do you feel that eating low-fat food and maintaining a proper sleep cycle will help in reducing obesity?	557 91.3%	33 5.4%	20 3.3%
14) Do you know about any other solution other than changing food habits and activity lifestyles to fight obesity?	279 45.7%	68 11.1%	263 43.1%

Participants were asked about the most frequent issues experienced by obese individuals. The most frequent answer was diabetes (n= 300, 49.2%). Participants' responses are illustrated in figure 1.

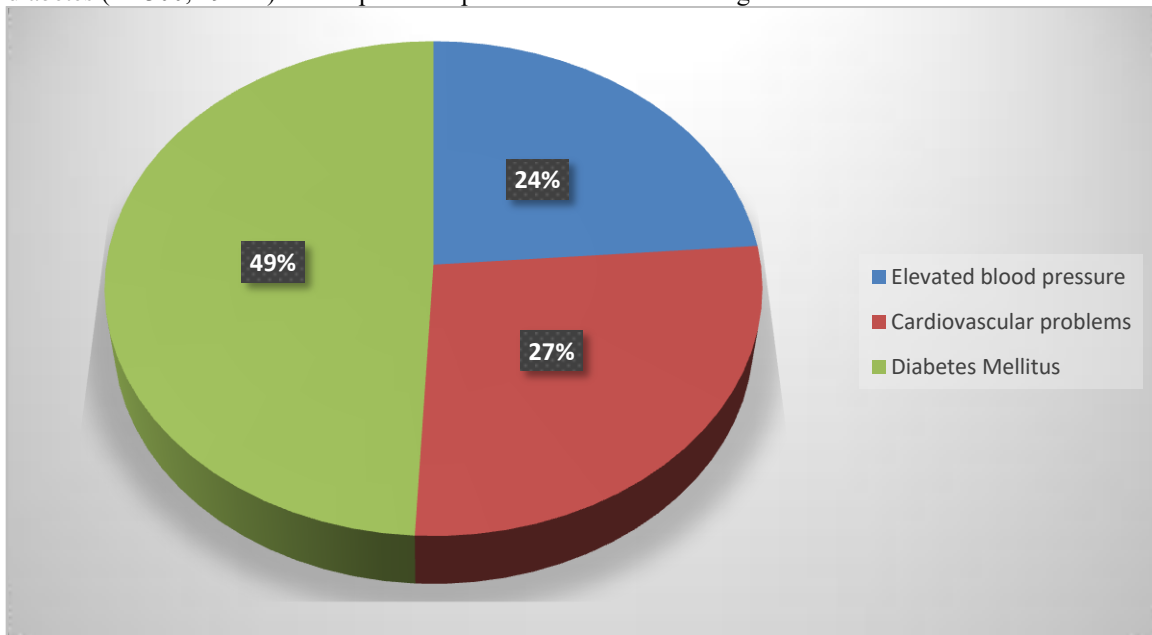


Figure 1:- Problems experienced by obese individuals.

In addition, participants reported experiencing very painful feeling lead a life with an excessively heavyweight (n= 319, 52.3%) (Figure 2).

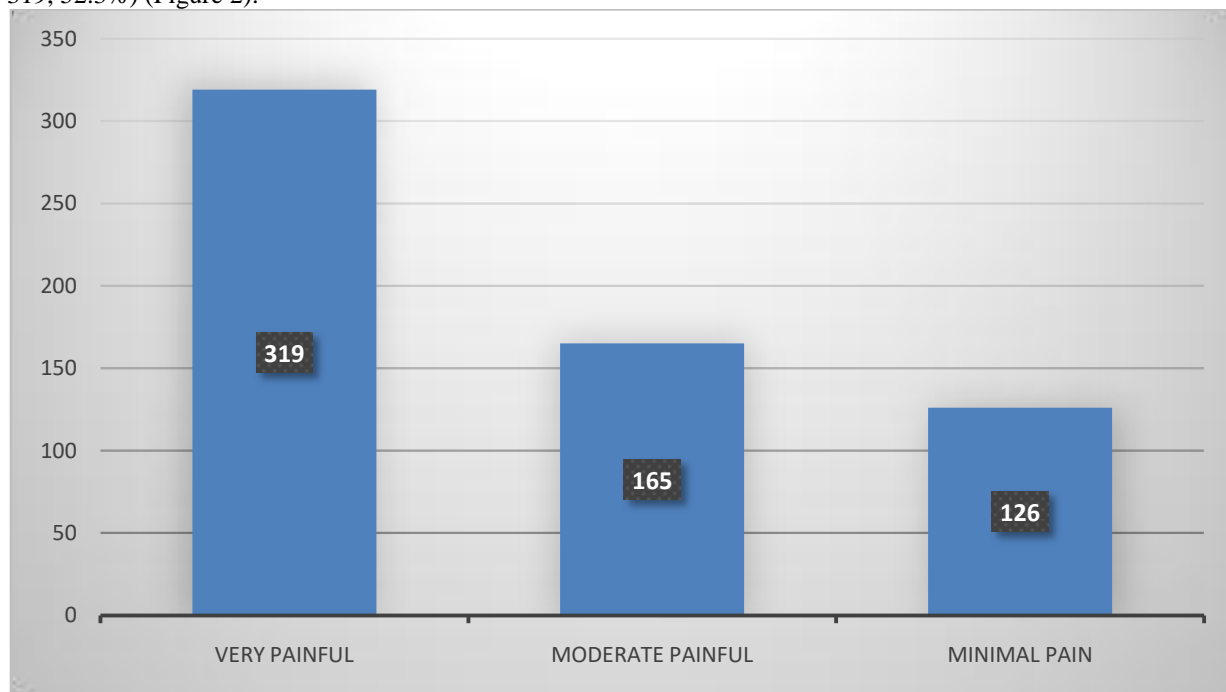


Figure 2:- How painful it is to lead a life with heavily overweight.

Participants were asked about nutritional strategies in order to reduce obesity. They responded that low carbohydrates diet is the best choice (n= 406, 66.6%) followed by green vegetables (n= 169, 27.7%) then fruits came in the last place (n= 35, 5.7%)

Upon asking participants about their plans to fight obesity, they reported practicing exercise regularly is the best method (n= 418, 68.5%) (Figure 3).

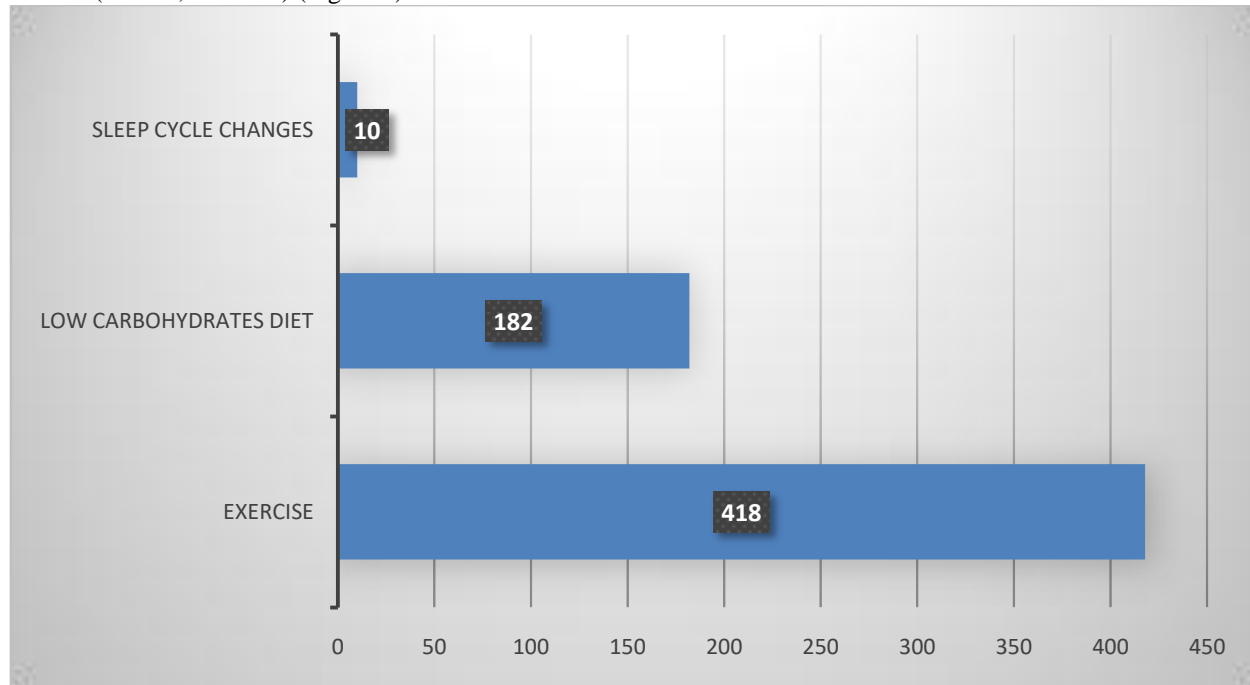


Figure 3:- How study participants deal with obesity.

Discussion:-

The prevalence of obesity around the globe has reached epidemic proportions. More than 78 million individuals in the United States were overweight in 2009-2010, according to a national survey [7]. Obesity is now, with tobacco use, the greatest avoidable cause of mortality in the United States [8-11]. Obesity is linked to a wide range of other medical conditions, including but not limited to type 2 diabetes mellitus, sleep apnea, stroke, gallbladder disease, osteoarthritis, cardiovascular disease, and many forms of cancer [12]. Most importantly, with the right measures implemented, obesity may be prevented. The first line of defense against obesity is a healthy diet and regular exercise [13].

Phentermine, orlistat, the combination of phentermine and topiramate, and lorcaserin are only few of the pharmacologic medicines being tried out in clinical trials with varying degrees of effectiveness [14-16]. Only in severe instances of obesity are surgical techniques like Roux-en-Y gastric bypass, laparoscopic adjustable gastric banding, sleeve gastrectomy, and biliopancreatic diversion with duodenal switch considered [16-19]. However, there are a number of risks connected with these operations that should be considered. These risks include surgical complications, changes in nutritional status and bowel patterns, vitamin shortages, and a reduction in bone health [20].

When it comes to combating obesity, doctors are essential. Importantly, addressing obesity requires both identification and diagnosis. The medical clinic is not necessarily the place where this diagnosis is made. Lack of time during patient visits, other co-morbidities demanding immediate treatment, lack of understanding of patients' body mass index (BMI), and fear of upsetting patients are all possible contributors to the problems in diagnosis. These causes contribute to the failure to correctly identify obesity and, therefore, to start effective treatment. The first and most important step in detecting and treating obesity-related risk factors is education, both for doctors and their patients [21-24]. Numerous reports have shown that patients are unaware of their body mass index (BMI), making it challenging to advise them on dietary and lifestyle changes [25,26]. Surprisingly, however, there is a lack

of research in the field that emphasizes the need to measure patients' body mass index (BMI) and raise awareness about its significance.

Multiple previous studies have demonstrated a lack of utilization of obesity diagnosis and reporting [27-29]. Less than 40% of their obese patients were correctly diagnosed, according to a community study conducted in Massachusetts, USA. Similar studies conducted in Europe found that only about 65% of obese people were correctly diagnosed [28-29]. Outpatient counseling on diet and exercise for adults with high cardiovascular risk was the focus of one study [30]. According to the authors, only about half of adults with elevated cardiovascular risks received counseling on improving their diet and only about a third received guidance on increasing their physical activity. The study also found that patients who were older, had fewer risk factors, or were seen by a generalist were less likely to receive lifestyle counseling. Their research showed that despite the availability of national guidelines, outpatient nutrition and exercise counseling fell short [30]. A recent study conducted here at our school looked at whether or not primary care internal medicine physicians diagnosed obesity and created a treatment plan for it [31]. About 25% of the total patient population was obese (BMI 30 kg/m²), but only 19.9% of these patients had obesity as a diagnosis, and only 22.6% had a treatment plan for obesity [31].

Conclusion:-

Obesity has reached epidemic proportions. Obesity is associated with numerous co-morbidities, including type 2 diabetes mellitus was mostly frequent answer among study participants, elevated blood pressure and cardiovascular diseases. Obesity is a disease that can be avoided if the proper measures are taken such as regular exercise.

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