

Obesity as a Mental Problem **Nicola Davies***

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Abstract

Obesity and overweight are defined as abnormal fat accumulation that presents a risk to mental health. A Body Mass Index (BMI) over 25 are considered as overweight and over 30 is considered as obese.

Keywords: Obesity; Mental health; BMI

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Editor's Note

Obesity is also frequently accompanied by depression and the two can trigger and influence each other. In spite women are slightly more at risk for having an unhealthy BMI than men; they are much more vulnerable to the obesity depression. There is also a strong relationship between the high BMI and thoughts of suicide in women. Depression can both cause and result from stress, which, in turn, changes eating and activity behaviours. Many people who experiences the sudden shocking events (e.g., loss of a close friend or family member, relationship difficulties etc.) unknowingly begin eating too much of the wrong foods leads to mental problems.

Binge eating is also a symptom of depression, a behavior associated with obesity and other conditions like anorexia nervosa. Additional research shows that obese women with binge eating disorder experiences a social criticism later develop depression and body dissatisfaction. Studies reveal that higher BMI and age and mental disorders negatively predicts the consequences of mental disorders.

Causes and Consequences of Obesity

Consuming of too many calories and not getting enough physical activity plays a vital role on cause of obesity. Genes, metabolism, behavior, and environment and culture factors can also cause people to be overweight and obese. To overcome obesity we need to determine the modifiable risk factors to reach the health outcomes. Calorie input and output gives the calorie count.

When the amount of calories consumed surpasses our daily energy expenditure the positive balance translates itself in accumulation of fat tissue leading to overweight then obesity, while a negative balance leads to loss of fat tissue and a direct

proportional reduction in weight; thus modifying the quantity and quality of food seems to be the most efficacious way in weight loss, yet the healthier way would entails the addition of increasing the physical activity and decreasing the sedentary life style. Physical activity seems to be the most efficacious way in controlling the weight and preventing numerous physical and psychological diseases.

Healthy Choices

- Eating more fruits, vegetables, whole grains and lean proteins.
- Reducing consumption of added sugars.
- Reducing consumption of energy dense foods.
- Choosing low-fat dairy products.
- Controlling portion size.
- Physically active throughout the day.
- Drinking more water.
- Limiting television viewing time.
- Breastfeeding exclusively to 6 months

Obesity is an important contributor to the excess morbidity and mortality experienced by people with severe mental illness and may also worsen and lead to antipsychotic effects. Weight gain may be one reason why people discontinue antipsychotic treatment with the risk of relapse and hospitalization. People with severe mental illness should support weight loss and a reduction in health inequality. Obesity develops from a combination of environmental and genetical factors, both of which can increase the risk in people with mental illness. Obesity also brings risks of type 2 diabetes and cardiovascular disease, which can further affect psychological well-being.