Weight and Heart Disease

Name

Institution

Date

Relationship between Weight and Heart Disease

Obesity is a major health risk factor and a complex disorder that is related to cardiovascular diseases, diabetes, hypertension, cancer, and stroke. Researchers have found out that obese people have an improbable 104 percent increase in the risk of suffering from heart failure when compared to non-weight people (Obesity and Cardiovascular Disease, 2015). Besides, there is a high possibility for individuals with abdominal obesity developing cardiovascular diseases and diabetes, conditions that have contributed to high mortality rates. Obese persons who have a stroke are at higher mortality risks. Obesity and overweight are related to other heart diseases' risk factors such as triglyceride levels, high blood pressure and elevated levels of blood cholesterol. This paper will explore the relationship between obesity and heart diseases. Notably, being obese or overweight can raise the risk of developing heart problems such as heart attack and coronary heart diseases.

Statistics reveal that 35 percent of adults in the United States are obese. For instance, in the year 2013, all the states in the United States had obesity rates that were more than 20 percent (Obesity and Cardiovascular Disease, 2015). Furthermore, researchers have estimated that the rates of obesity for adults could exceed or reach 44 percent in all states in the United States by 2030, a condition that has adverse effects on the health of the nation (Obesity and Cardiovascular Disease, 2015). For example, there is a reduced life expectancy for people with a body mass index of greater than 30 when compared to adults with healthy weights. According to research, 17 percent of kids aged between 2 and 19 years are overweight (Obesity and Cardiovascular Disease, 2015). Such children have been sentenced to future cardiovascular diseases, disability, and early death. Furthermore, research that was conducted on the American Chinese population showed that overweight individuals were more likely to report cases of high blood pressure and

diabetes (Kwon et al., 2017) The research concluded that cardiovascular heart disease risk factors were dominant among Asian Americans who had lower body mass index levels.

According to research, obesity is a major risk factor for several sub-categories of heart diseases such as heart failure, stroke, and coronary heart disease (Ndumele et al., 2016). Nevertheless, recent evidence shows that obesity results in different types of cardiovascular diseases via multiple ways. Some traditional risk factors such as dyslipidemia, diabetes mellitus, and hypertension are regarded as mediators between atherosclerotic vascular disease and obesity. Despite the fact that weight control is a primary element in preventing heart diseases, most obese people do not attain adequate and constant weight loss. Therefore, doctors have put more emphasis on regulating the traditional heart disease risk factors that result from obesity to reduce cardiovascular diseases (Ndumele et al., 2016). However, uniform methodologies of controlling heart disease risk factors may not have similar effects on the possibility of developing various types of cardiovascular diseases.

Additionally, obesity is a risk factor for stroke, and high body mass index has been linked to mortality in the general population. Clinicians have suggested that individuals should maintain healthy weights and modify their lifestyles to prevent stroke. Nonetheless, the impacts of obesity and overweight on the diagnosis of stroke are controversial topics. Some potential studies have shown lower mortality rates in people with obesity when compared to those having normal weights (Aparicio et al., 2017). The counterintuitive link between higher body mass index and improved persistence of stroke is described as “obesity paradox” and it is observed in other disease conditions such as myocardial and heart failure.

In summary, obesity is major health risk factor, and it has been linked to cardiovascular diseases, diabetes, hypertension, cancer, and stroke. There is a high possibility for individuals

with abdominal obesity developing cardiovascular diseases and diabetes, conditions that have contributed to high mortality rates. Therefore, obesity or overweight raises the risk of developing heart diseases. It the reason why clinicians have put more emphasis on weight management to control heart diseases.

References

Aparicio, H. J., Himali, J. J., Beiser, A. S., Davis-Plourde, K. L., Vasan, R. S., Kase, C. S., ... & Seshadri, S. (2017). Overweight, Obesity, and Survival After Stroke in the Framingham Heart Study. *Journal of the American Heart Association*, *6*(6), e004721

Kwon, S. C., Wyatt, L. C., Li, S., Islam, N. S., Yi, S. S., & Trinh-Shevrin, C. (2017). *Obesity and Modifiable Cardiovascular Disease Risk Factors Among Chinese Americans in New York City, 2009–2012*. Retrieved from Centers for Disease Control and Prevention: https://www.cdc.gov/pcd/issues/2017/16_0582.htm.

Ndumele, C. E., Matsushita, K., Lazo, M., Bello, N., Blumenthal, R. S., Gerstenblith, G., ... & Folsom, A. R. (2016). Obesity and subtypes of incident cardiovascular disease. *Journal of the American Heart Association*, *5*(8), e003921.

Obesity and Cardiovascular Disease . (2015). *American Heart Association*, 1-2.