**Deftones**

19

***DIPLOMA IN HUMAN NUTRITION***

**Assignment four**

**Awura Benjamin**

“ASSIGNMENTS”

1. Identify at least four characteristics of a healthful weight.

Answers

Weight is the measurement of the intensity of the force imposed by on the object by the local gravitation field, therefore it have the following characteristics.

1. Body mass index (BMI) should range from 19 to 24, because any one who’s BMI is above 25 is at risk of health diseases, like atherosclerosis, of which one need to make it a goal to maintain, at its range.
2. Waist measurement should be least than 40 inches in men and 35 inches in women, shows health weight, measurement is another way of checking health weight through tap measure of which is 40 and 35 inches in men and women respectively indicates too much fat tissue deposit of the belly leading to health problems like heart disease, and hypertension.
3. Stability, healthful weight person should be physical fit and always strong in doing physical work and locomotion.
4. Height and weight corresponds to body mass index, indicates characteristics of health weight, because if the two fails to agree then it may either be underweight or over weight.

All above are characteristic of healthful weight that I tried to explain.

Reference:

*Health weigt*. (n.d.). Retrieved July 15, 2019, from http://Wecan.nhbi.nih.gov

1. Can you increase your basal metabolic rate? Is it wise to try? Defend your answer.

Answer

Metabolic rate is the rate at which body burns calories for energy, and yes it can be increased by the following;

* Eating at regular time, our body needs balance and regularity of meal we are eating, if its timely can increase once metabolic rate, but if the person eats and goes period without eating the body may burn calories more slowly and store fat cells.
* Drinking enough water, our body needs to be hydrated for its function, since water is a solvent to the food we eat, it makes the digestion easier hence increasing basal metabolic rate, and can also help one to lose weight.
* Enough sleeping time, as you get to sleep body produces hormones known as ghreline which can make person to feel hungry when you sleep too little, and it also releases less leptin, hormones that help person to feel full. Getting enough sleep can ensure the hormone remain balanced, which can prevent overweight.
* Physical exercise, these help one to activate muscle all over the body raising average daily metabolic rate by burning calories although at rest still need more energy hence build muscles can increase basal metabolic rate.
* Getting enough B vitamins, these too can increase basal metabolic rate, B vitamins are mostly found in fruits, especial bananas are good source and plays role in metabolic rate, example of B vitamins B1,(thiamin) B2 (riboflavin), B6 (pyridoxine) . These are how metabolic rate can be increased.
* Reference:
* Nal, R. (2018). *matabolic rate.* Daniel .

1. Identify at least four societal factors that may have influenced the rise in obesity rates in the United States since 1963.

Answers

Obesity is one of the health problem in public health resulting from eating too much calories without burning it for energy, so obesity rate has been high due to societal, environmental, and genetically:

1. Eating in group of four and above, there is prove that whenever people gather in one place more calories were consume in social function than when one is alone, hence raise in obesity rate in United state.
2. Presence of family members especial spouse, couples tend eat well when they are together and even the presence of other family members where full plate dirty can be consumed with less physical activity leading to raise in obesity rate in US.
3. Living in modern world where no physical work were done, this increases obesity rate because only food can be consumed without physical activity the excess fats can easily be develop into adipose tissues leading to health risk.
4. Length of watching television tend to increase appetite, eating and watching talking one can eat more calories than expected, since after office work no other hard work will be performed hence raise in obesity rate in United State in 1963.

Since US is developed country physical work has reduced

Reference:

JE, m. (n.d.). *Obesity*. Retrieved July 7, 2019, from https:www.nhbi.nih.gov/book/NBK19935#\_NBK19935\_dtl

1. Your friend Misty joins you for lunch and confesses that she is discouraged about her weight. She says that she has been trying “really hard” for 3 months to lose weight but that no matter what she does, she cannot drop below 148 lb. Based on her height, you know Misty is not overweight, and she exercises regularly. What questions would you suggest she think about? How would you advise her?

Answers

Since she is not overweight, her question will be” how can she maintain healthy weight?” and the advise can be as follow.

* Energy balance, it is important to maintain a healthy weight by balancing the amount of energy taken in and expended out for physical activity,

1. Reduce your daily energy intake by 500 calories
2. Continue with physical exercise on regular basis, so that the excess energy can be burned out during the activity.

* Drink enough water, since rehydration is important for body cells function, it is important to always add 1.5 liters per day.
* Eat more of vegetable source than animal product, because legumes have fibers that enable the digestive system function well and help food absorption into the blood stream.
* Timely eating of meal, eat frequently but small amount of energy with combination of snakes of fruits like banana, oranges, mangoes, and many others.

These are some of the advice my friend may need to follow if she want to maintain healthy weight.

Reference;

*Health weigt*. (n.d.). Retrieved June 25, 2019, from https://www.nhbi.nih.gov/health/education/lose-wt/index.htm

1. Can you name the different kinds of malnutrition and then describe the signs that might tell you that childhood malnutrition is a problem in your community?

Answers

Malnutrition refers to the excess or less intake of energy to for body function. And it has the kind as follow

* Kwashiorkor, this is one kind of malnutrition which results from luck of enough protein intakes for the body function, that is to say food which are rich in protein are les consumed or badly eaten.
* Signs are

1. Bilateral pitting edema of both legs
2. Lack of appetite for food or even drinks poorly
3. Prone to infections due lowed immunity system.

* Marasmus, this type results from luck of carbohydrates in the body, and can result into death if left untreated.
* Signs

1. Loss of body muscles and fat tissues.
2. Old face looking like
3. Visible bones of the body, due to server wasting.
4. Irritable and fatigue.

* Micronutrient deficiency, this is one of the kinds of malnutrition, resulting from luck of important micronutrient in the body, for example iron deficiency.
* Signs

1. Moon like shape nails
2. Palm pallor, hand and conjunctiva look slightly white due luck of enough blood.

These are the kind of malnutrition that always affect our communities and others like marasmickwashiorko which is the combination of all nutrient, that also leading to stunting grow, with other signs of low concentration and may others.

Reference:

Nrdqvist, C. (2017, December 4). malnutrition.

WHO. (2016, Julyr 8). *malnutrition*. Retrieved August 15, 2018, from online Q&A: http://www.who.int/features/qa/malnutrition/en/