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## Relationship Between Mental Health and Obesity in the United States

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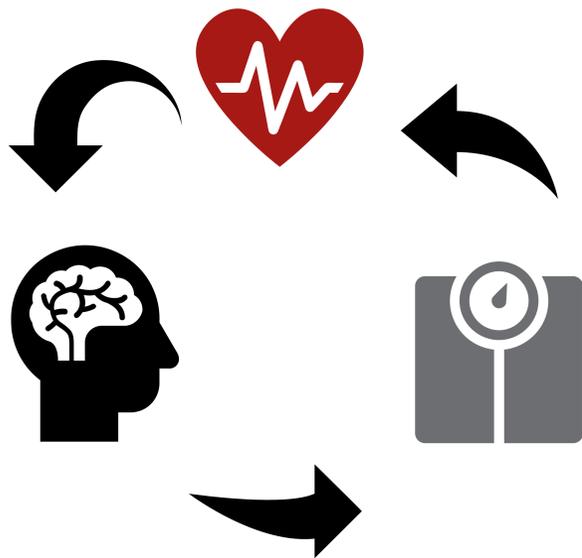
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# The Relationship Between Mental Health and Obesity in the United States

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## Background

Cases of obesity and mental illness have been on the rise for the last three decades across all genders, ages, and racial groups. In the United States, high cases of obesity are rising among citizens due to inadequate physical exercise and poor nutrition. Obesity at the community level is linked to household income and other socio-economic indicators like the lack of access to inexpensive calorie-dense food and access to facilities for physical exercise. An increase in cases of obesity is leading to an increase in premature deaths, increased healthcare costs, and social stigmatization. Although little research has been conducted on the relationship between obesity and mental illness, the two have a long relationship.



## Methods

- Secondary research as a literature review.
- Only a few studies have collected data including the center for disease control and prevention (CDC), Mississippi Health Department (MSHD) and US Department of Health and Human Services.

## Satisfaction Rates

- Patients who have successful weight loss have also shown a reduction in mental illness.
- Women and adolescents who have the required weight and body mass reveal low cases of psychiatric disorders.
- The two have a close relationship and that satisfaction of one-factor shows satisfaction of the other.

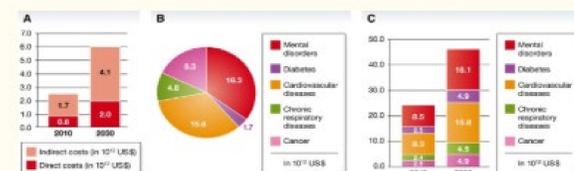
## Outcomes

- Understanding the link between mental illness and obesity will help healthcare professionals understand how to treat and manage the two conditions at the same time.
- It will help in counseling and advising people with obesity in the best way to manage the condition and social life to avoid developing mental illnesses like anxiety and depression due to low stigma.
- The discovery will be used as the basis of educating people on the importance of eating healthy and performing a daily physical exercise to avoid obesity, which is a risk factor developing mental and chronic conditions.

## Cost Effectiveness

- Understanding the link between mental health illness and obesity will be cost-effectiveness for the individual, their family, health care system, and the government.
- The government will save the cost of managing mental conditions and obesity since awareness will be conducted on the same platforms.
- If obesity rates drop other health conditions will improve because obesity leads to many other severe health concerns.

The image below shows the economic burden of obesity in the United States and globally.

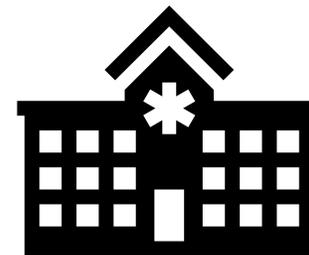


**Figure 2**  
Economic costs of mental disorders in trillion US\$ using three different approaches: direct and indirect costs (A), impact on economic growth (B), and value of statistical life (C)

Based on data from 6.

## Conclusion

As mental and behavioral health becomes a more significant issue in the United States, cases of obesity are also on the rise. Mental illness and obesity are risk factors for each other, and the management of one condition reduces the severity of the disease. It is important to find a good connection between mental illness and obesity and the best strategies to improve the mental and behavioral health disparities in the United States. Treatment and management of obesity should begin by understanding the risk factor of the patient and managing their mental conditions. The presence of adequate recreational facilities like parks, gyms in all neighborhoods, and fresh fruits and vegetables at an affordable cost will help in the reduction of obesity, which leads to low cases of mental illnesses. Consequently, proper management of mental illness, especially on medication, eating habits, and physical exercise, reduce instances of becoming obese.



## Moving Forward

- Conduct further study on mental illness and obesity in just the United States but globally
- Examine factors that lead to the relationship between psychiatric disorders and obesity and the best approach to manage the conditions.
- Examine the best way to monitor antipsychotic medication to prevent excessive weight gain and obesity.

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