

The lived experience of people with obesity

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On behalf of Work package 7 in the SOPHIA project



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Drivers of fears

Irish study identifies obesity as key risk factor in Covid deaths



People who are morbidly obese have a 40% higher chance of dying from Covid-19, a new study has found.



MON, 26 APR, 2021 - 13:19

NIAMH GRIFFIN



SOPHIA

Stratification of Obesity Phenotypes to Optimize Future Therapy

Severe Obesity Raises Risk of Hospitalization and Death

A large new study has confirmed that obesity is a key risk factor for severe illness and patient outcomes among people infected with coronavirus.

Give this article 105



Publication

Guidance on cocooning to protect people over 70 years and those extremely medically vulnerable from COVID-19 updated guidance from 29 March 2021

From [Department of Health](#)
Published on 27 March 2020
Last updated on 11 March 2021

- Have severe respiratory conditions including Alpha-1 antitrypsin deficiency, severe asthma, pulmonary fibrosis, lung fibrosis, interstitial lung disease or severe COPD
- Have uncontrolled diabetes
- Have had an organ transplant or are waiting for a transplant
- Have had a bone marrow or stem cell transplant in the last 12 months or are waiting for a transplant
- Have a rare condition that means you have a very high risk of severe COVID-19 infections (such as APECED or errors in the interferon pathway)
- Have sickle cell disease
- Have been treated with drugs such as Rituximab, Cyclophosphamide, Alemtuzumab, Cladribine or Ocrelizumab in the last 6 months
- Have certain inherited metabolic disorders (such as Maple Syrup Urine Disease)
- Have obesity with a body mass index (BMI) greater than 40

*For any essential/key worker, advice should be sought from Occupational Health who can give specific advice on individual conditions.



News > Health News

WEIGH TO GO Overweight people offered FREE weight loss class for UK's high Covid death toll

Nick McDermott
0:44, 4 Mar 2021 | Updated: 11:17, 4 Mar 2021







Government should tell obese to eat less, says ex-minister Lord Robathan

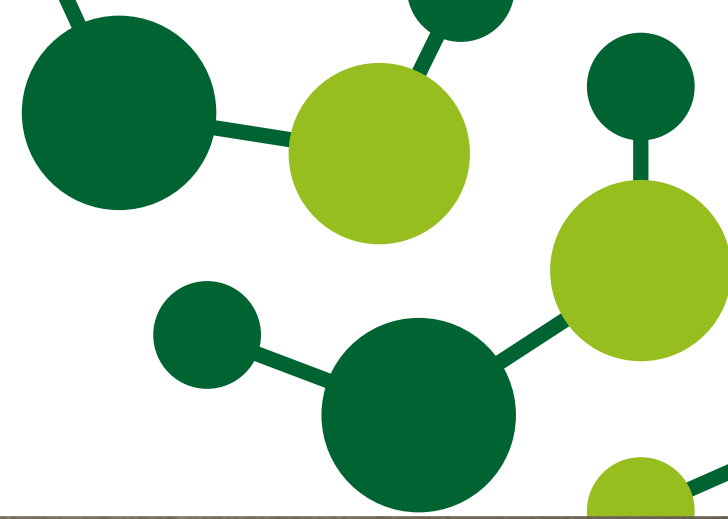
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Study Sample & Methodology

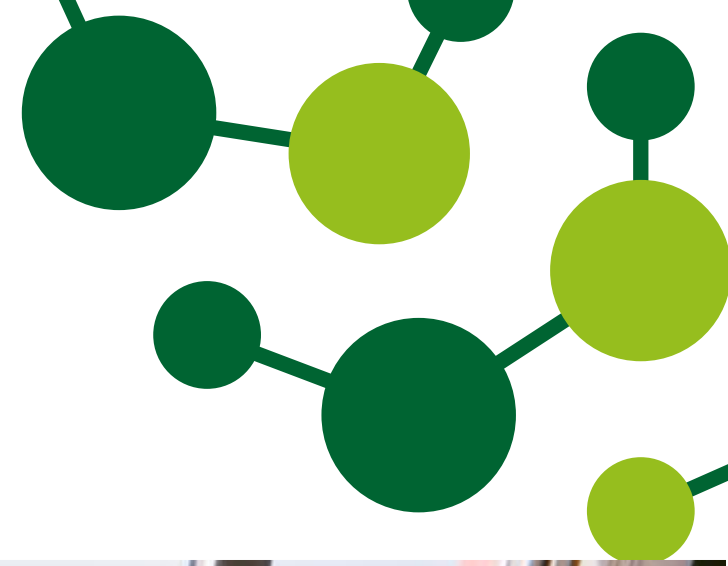
Conversational interviews	Photovoice (to date)
 <p>15 participants – 8 female, 7 male</p>	 <p>11 participants – 7 female, 4 male</p>
 <p>15½ hours of audio recording</p>	 <p>260 photographs 14+ hours of audio recording</p>

“I would just buy Armani but he does not make for heavy people. The whole line of his design is lost if you have a curve, but I just love his stuff. That was just wishful thinking. I keep buying things that I’m going to slim into. It never happens, never happens. When I win the lotto that’s where I’m going, just Armani nothing else [...]” Aine



“Sometimes feeling as the odd one out. Feeling a bit lonely. I'm not confident with myself, even if you take a group picture and you're the big one in the picture. You always feel kind of like the odd one out.”

Ada



“Yeah, definitely. I mean, even her pose there. Just so comfortable in her own skin. Absolutely. And this is who I am. It’s her style. The hat and the... And I think you lose all of that, completely lose that when you are obese. You just don’t have that. It’s the confidence.” Catherine



“Look at it, it’s not nice living in a world where public image is quite important, rightly or wrongly. It’s not nice to be the level of overweight that I am, it’s just not nice. When I have lost weight I’ve always felt my own image is improved substantially. I would much prefer to have a better self-image.” Keith

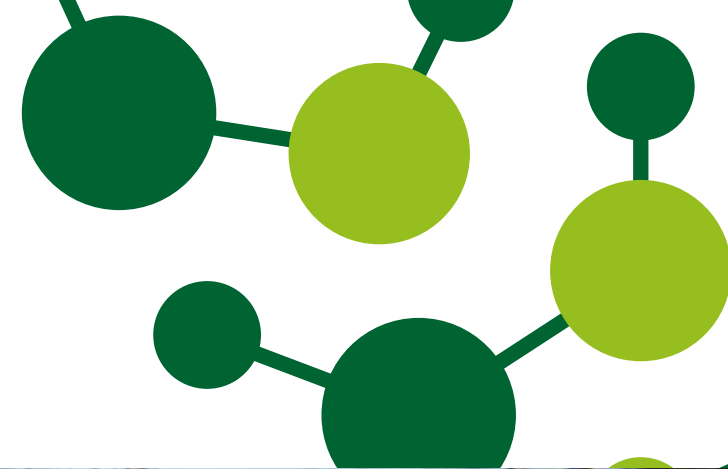


It's a railway entrance, the train represented life and the gates are closed. We can't actually get on the train. I was kind of thinking, a lot of people, who would be obese would feel like that... they want to be on the train but they can't. They don't know how to get on it and... they can't reach it... and they can't stop it. I suppose the stop sign there to make you think about where you are now.

Miriam



Farell et al Syst Rev. 2021



“Oh this is this flipping mirror...It’s like a constant reminder, and they’re in strategic spots. Like one’s at the bottom of the stairs just as I go up. One is up at the top looking at me, and one is in the bedroom and... ugh, I just don’t like mirrors. I feel like they’re always judging me, saying ‘Now, you see, this is what you look like from the front.’ Sideways going up the stairs here’s this other mirror saying, ‘Look at your big tum sticking out’ and ‘Look at your fat bum.’ Yeah, it’s like a reality check probably. [...]” Cora



Summary

- People with obesity have several fears which are rooted in their lived experience of the complications of obesity
- Complications of obesity involve the metabolic, mental, mechanical and monetary domains
- The expectations of people living with obesity may exceed what is currently possible but aligning the expectations of patients and healthcare professionals may help all parties

Conclusion

- Obesity is seldom viewed as a chronic disease
- The impact of obesity on the individual, society, and the healthcare system is substantial
- The era of effective treatments is an opportunity and a threat to obesity being viewed as a disease

Thank you

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