Obesity is one of the biggest public health crises facing the UK today, affecting one in four UK adults. Being overweight or obese increases the risk of many other serious illnesses, such as Type 2 Diabetes, cardiovascular disease, cancer and infertility. Additionally, it can have a significant impact on a person’s wellbeing and mental health.

We have provided a list of relevant articles from MA Healthcare journals dealing with this area, thereby providing your NHS staff with research, information and tips that will support both their work and their patients.

**British Journal of Nursing:**

- Childhood obesity plan: the Government declares war on sugar
- Appropriate care for children with eating disorders and obesity

**British Journal of Community Nursing:**

- Individualisation of care and the obesity paradox
- Case study: Obesity, genital oedema and lower limb compression bandaging

**British Journal of Cardiac Nursing:**

- Sweet enough already: a review of dietary guidelines on sugars and health
- Projected costs of the obesity epidemic: Influences and interventions
Gastrointestinal Nursing:

- Obesity: our biggest challenge
- Obesity: the changing shape of the UK population

Practice Nursing:

- Obesity and cardiovascular risk factors: results of a unique approach to NHS health checks
- How to recognize obesity in children

Journal of Health Visiting:

- Obesity as a social construct
- Childhood obesity strategy: Is it enough?

British Journal of School Nursing:

- Obesity: Handle with care
- Addressing childhood obesity: Overcoming the barriers

Nurse Prescribing:

- Obesity: New paradigms, interventions and treatments
- Improving treatments for obesity: The concept of self-management

Independent Nurse:

- Understanding teenage obesity
- Contraception and fertility in obese women
British Journal of Midwifery:

- Teaching about obesity: Caring, compassion, communication and courage in midwifery education
- Supporting the individual needs of obese pregnant women: Effects of risk-management processes

Nursing and Residential Care:

- Having your cake and eating it: is obesity a disability?
- Obesity and kidney disease in care

Journal of Kidney Care:

- Dialysis patients and obesity: do we know enough to guide practice?
- Emerging concepts: the dietary treatment of chronic kidney disease