

Case Study IX

Wanjiru Waweru

Worcester State University

What are some productive ways that Karen can improve her diet and eating habits, given her busy schedule?

Eating habits could describe as a daily routine in which one could understand the different people's eating behavior. An imbalance diet could cause obesity and cardiovascular disease. Creating a healthy habits that relates to participating a balanced diet and maintaining a healthy snack between meals such as fruits, vegetables, and whole grains.

In this research, Karen developed her diet and eating plan to maintain a bag of fruits and vegetables (Apples, and Carrots, etc.) with her as she is heading on the run. She leaped the snacks during her study conference. She used to drink soda, which she is now drinking water in her diet plan.

Some of the mandatory occupational way that Karen could continuously improve in her diet plan as long as she maintain as an eating habit that last it for longevity to avoid eating food that disrupts inflammation including sugary drinks, and fried foods. She need to learn to maintain the vegetables such as broccoli, carrots, celeries, and grapes in her food diary.

At 5 feet and 6 inches tall, what weight category does Karen have, according to her BMI (feel free to use a BMI chart or calculator)? How much of a health concern should this be for her?

At 5 feet 6 inches tall, Karen weighs about 163 pounds, according to her BMI, she is on the overweight category, and therefore, if she continuously maintaining her old daily routine, she would meet criteria for obesity-related diseases "Being overweight or obese can lead to many health problems, including adult-onset diabetes, hypertension, coronary heart disease, gout, gallbladder disease, and arthritic conditions. Women suffer from additional obesity-related problems, including irregular menstrual cycles, amenorrhea, infertility, and polycystic ovarian

syndrome. (Alexander, Garfield, Bader, and LaRosa, pg 255, 2020)” If she needs review her health history through her medical doctor in order to make healthy decisions.

References

Alexander, L. L., Garfield, S., Bader, H., & LaRosa, J. H. (2020). *New Dimensions in Women's Health* (8th Edition). Jones & Bartlett Learning.

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