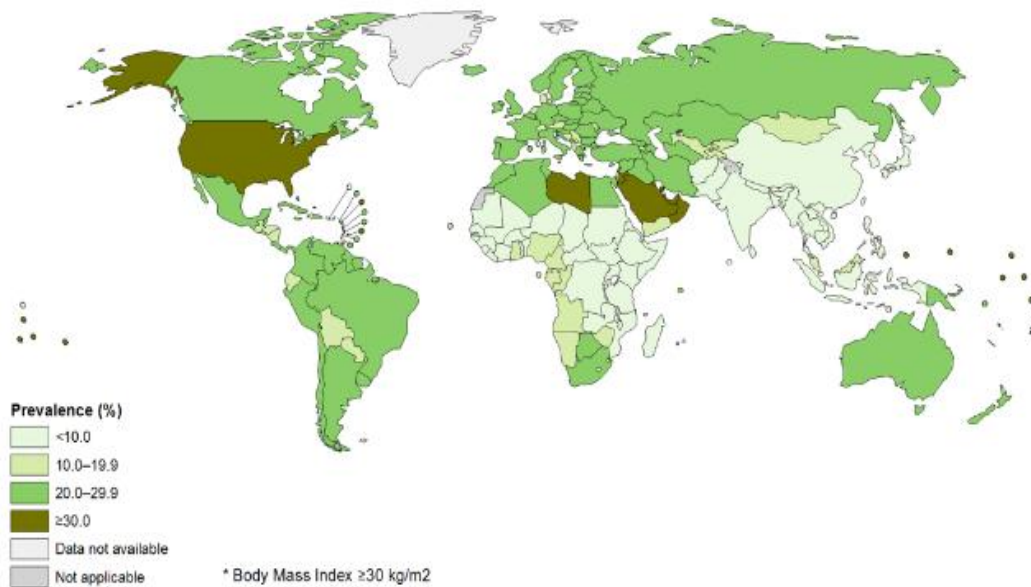


Unit I – Problem 1 – Epidemiology: Obesity

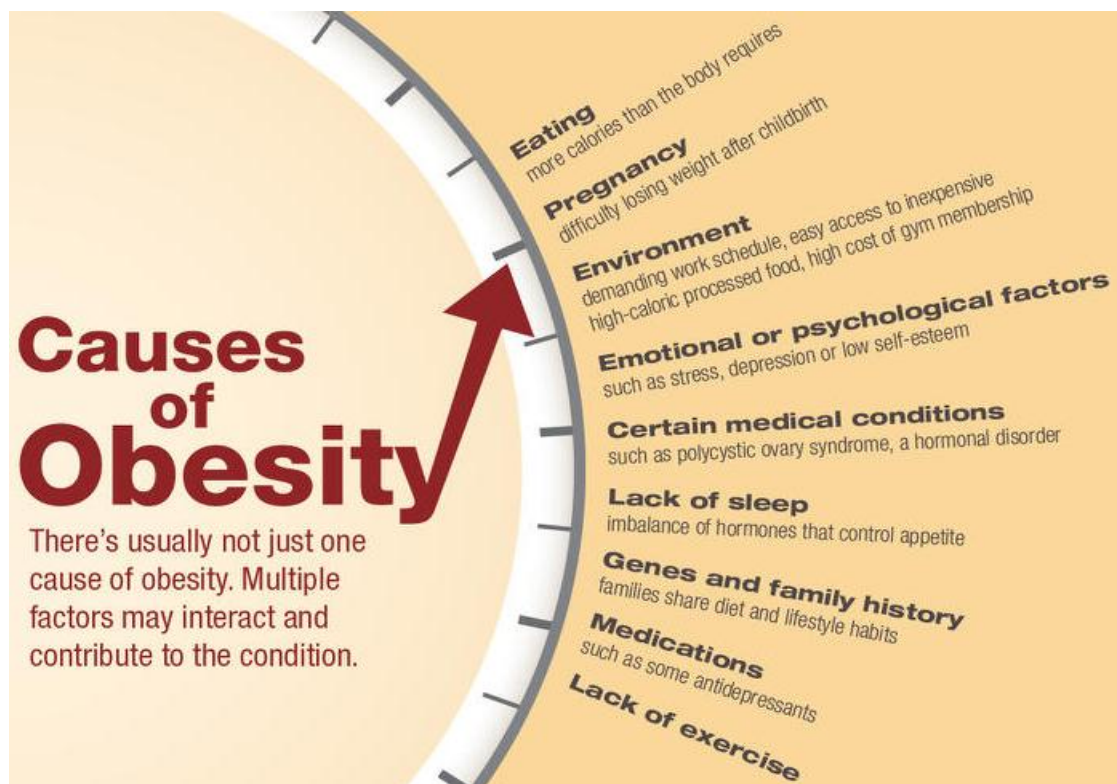


- Obesity is an epidemic (affecting or tending to affect a disproportionately large number of individuals within a population. Notice that prevalence of obesity has doubled since 1980 with a 13% of people around the world being obese. Although obesity has many complications which might kill but it is still preventable (mainly through lifestyle modifications).
- From the image below, you can see that prevalence of obesity is very high among GCC countries and USA (for both genders; although females compose the highest proportion).

Prevalence of obesity*, ages 18+, 2014 (age standardized estimate)
Both sexes



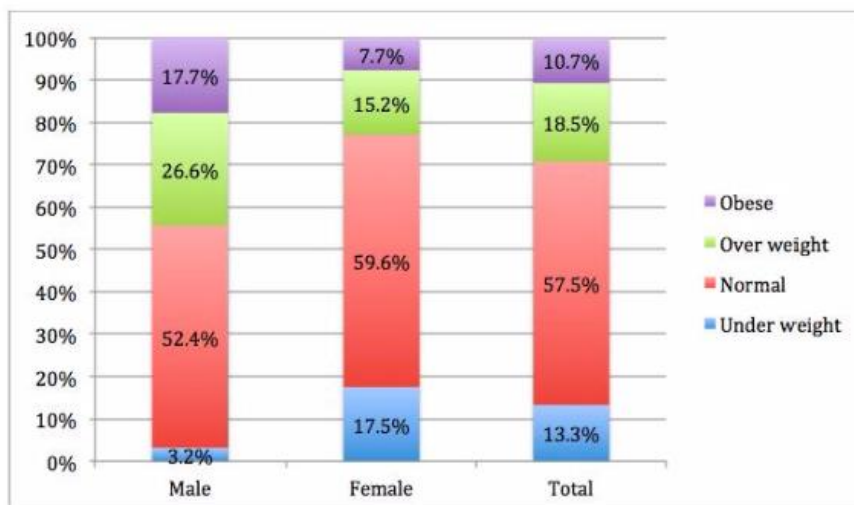
- What are the causes of obesity?



- Obesity and AGU students (2015):

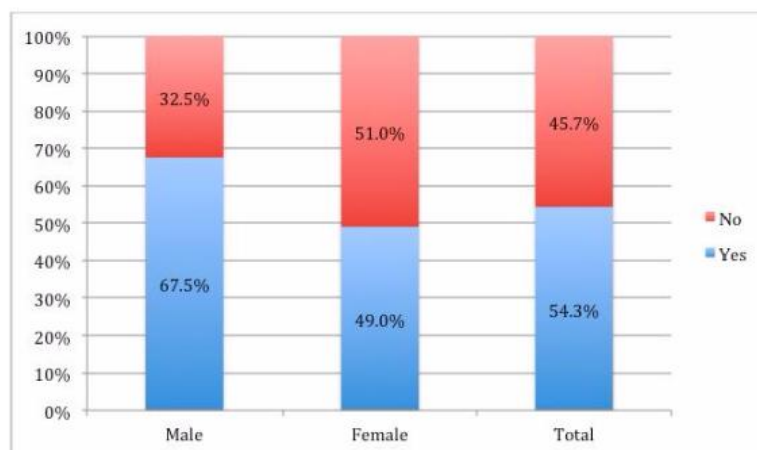


Body mass index (BMI) of AGU medical students



Alzayani S, Hamadeh RR. Body mass index and physical activity of medical students: A cross-sectional study at the Arabian Gulf University. Journal of Applied Life Sciences International 2015; 3(1):1-6. Epub 8 May 2015

Physical activity of AGU medical students during the week



Alzayani S, Hamadeh RR. Body mass index and physical activity of medical students: A cross-sectional study at the Arabian Gulf University. Journal of Applied Life Sciences International 2015; 3(1):1-6. Epub 8 May 2015

- What are the complications of obesity?

- Stroke.
- Coronary heart disease (especially when patient has diabetes, hypertension or dyslipidemia).
- Gynecologic abnormalities represented by:
 - ✓ Abnormal menstrual cycle.
 - ✓ Infertility.
 - ✓ Polycystic ovarian syndrome.
- Osteoarthritis: due to increased weight and pressure on weight-bearing bones.
- Skin disorders.
- Increased risk for many types of cancer.
- Fatty liver disease and increased risk for gallstones.
- Pancreatitis.

- How to prevent obesity?



DO'S

Do's & don'ts TO PREVENT OBESITY

- Live active lifestyle with regular exercise, walk etc
- Eat lots of fruits and vegetables
- Eat foodstuffs rich in fibre
- Always prefer and eat home cooked food over outside processed or precooked food
- Dextrose Sugar**
Replace regular sugar with dextrose sugar in diet
- Increase intake of proteins in food compared to carbohydrates and Fats
- Wherever possible try to replace fried food with baked or roasted food
- Omega 3**
Include food rich in Omega-3 fatty acids in diet
- Take regular walk in morning sunlight for adequate vitamin-D
- Eat more probiotic food
- Wash fruits and vegetables thoroughly before eating to remove all the pesticides from its surface
- 6 Hours**
Take at least 6 hours of sleep each night
- Use paper cups or stainless steel containers to keep and eat hot food stuffs. Also replace plastic utensils with glass utensils in microwave cooking
- Eat food slowly during meal. And chew it properly
- Do not take any medicines without consulting a qualified Doctor

DON'TS

- Do not eat processed food/junk food
- Do not consume a lot of sugary/sweet drinks like cold drinks or energy drinks
- Do not keep or eat hot food in plastic container
- Soya Free**
Do not eat food rich in soya. Or reduce dietary intake of soya bean and its products
- Avoid eating deep fried foods and keep use of vegetable oils in home cooked food to the minimum
- Self Medication**
Avoid self medication
- Avoid prolonged sitting at one place
- Do not oversleep or do not sleep less than required time
- Do not eat rapidly during meal