

Obesity Prevention

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Objectives

- What is obesity and overweight?
- what are Risk factors?
- What are Causes?
- What are Complications ?
- How to prevent obesity ?
- How to maintain a healthy ?

Catabolism and Anabolism

Overweight:

is having extra body weight from muscle, bone, fat, and/or water. Obesity is having a high amount of extra body fat.





Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health.





Health Education:

is a learning process that enables people to make informed decision about health .Depending on (health beliefs model) .



Body Mass Index (BMI):

is a useful measure of overweight and obesity. It is calculated from your height and weight.

$$BMI = \frac{Weight (kg)}{[Height(m)]^2}$$



BMI Categories:

1-Underweight = less than <18.5

2-Normal weight = $18.5-24.9$

3-Overweight = $25-29.9$

4-Obesity = BMI of 30 or over

A-class 1 obese/ $30-34.9$

B-class 2 obese/ $35-39.9$

C-class 3 obese/morbid obesity: BMI 40 or higher

Obesity: A Worldwide Problem

- ✓ Around the world, more than **one billion adults are overweight and about 300 million of them are obese.**
- ✓ Childhood obesity has reached epidemic proportions.
the problem with children is now a global issue as well.

- Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. It helps you feel good about yourself, and gives you more energy to enjoy life.



Health Education about obesity



Educator should
be explain:

What is obesity ?

what are Risk factors?

What are Causes ?

What are Complications ?

How to prevent obesity ?

How to maintain a healthy?

Factors Contribute to a Healthy Weight

Many factors can contribute to a person's weight. These factors include :

1. Environment,
2. Family history and genetics,
3. Metabolism (the way your body changes food and oxygen into energy), and
4. Behavior or habits and trigger occasion .

Why is it important to be aware of obesity?

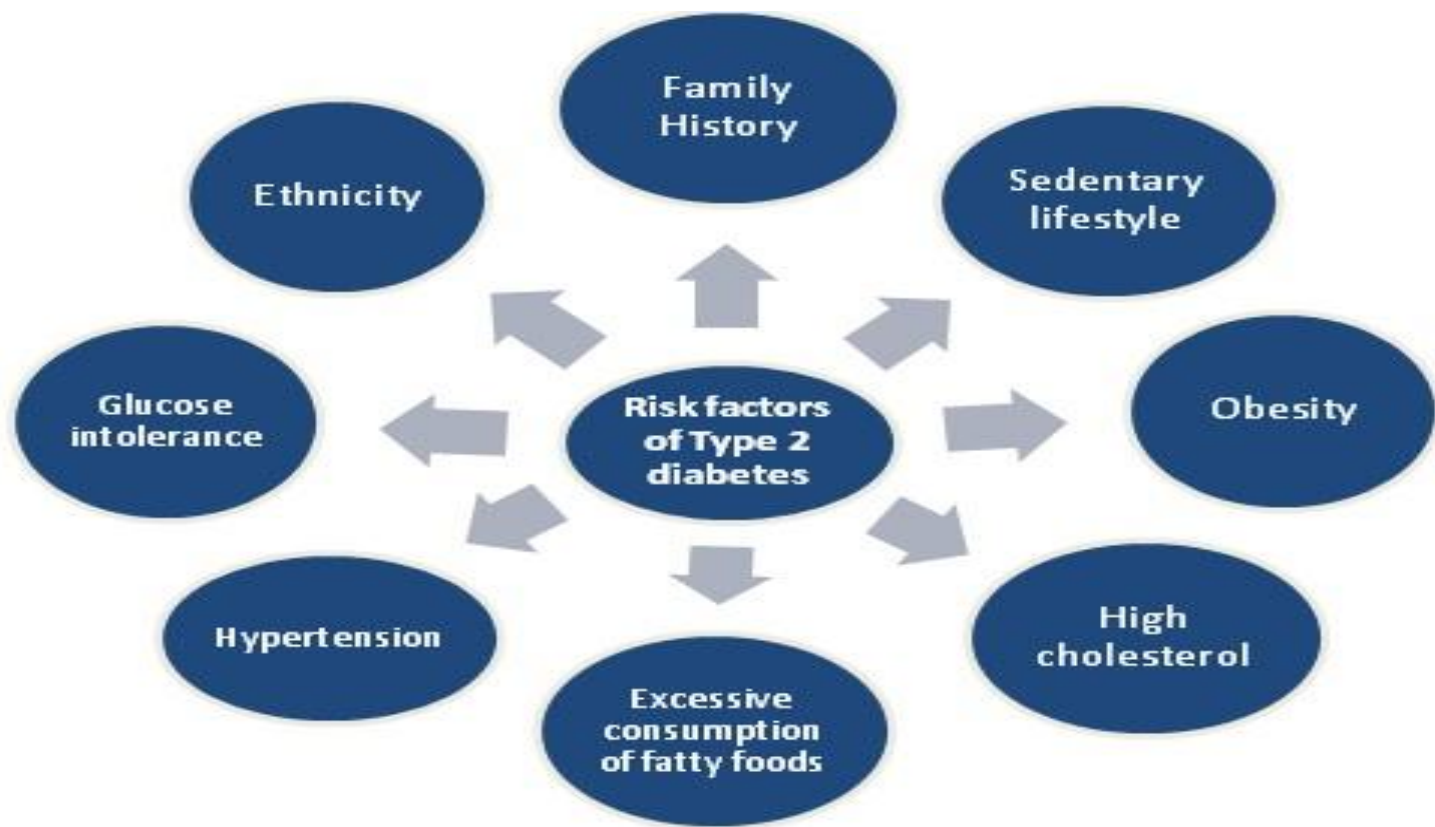
Maintaining a healthy weight is an extremely important part of overall health. Being overweight or obese contributes to numerous health conditions that limit the quality and length of life, including:

- Hypertension.
- High LDL cholesterol,
- low HDL cholesterol or high levels of triglycerides.
- heart disease,
- type 2 diabetes,
- gallstones,
- breathing problems, and
- certain cancers.

- Coronary heart disease.
- Stroke.
- Gallbladder disease.
- Osteoarthritis.
- Sleep, and respiratory problems.
- Some cancers (endometrial (in uterus) , breast, and colon).

CAUSES FOR HYPERTENSION

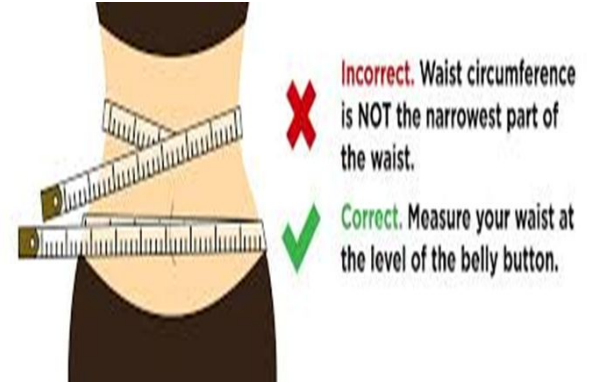




Waist Circumference

Measuring waist circumference helps screen for possible health risks that come with overweight and obesity. If most of your fat is around your waist rather than at your hips.

Ratio= Waist ÷ hip



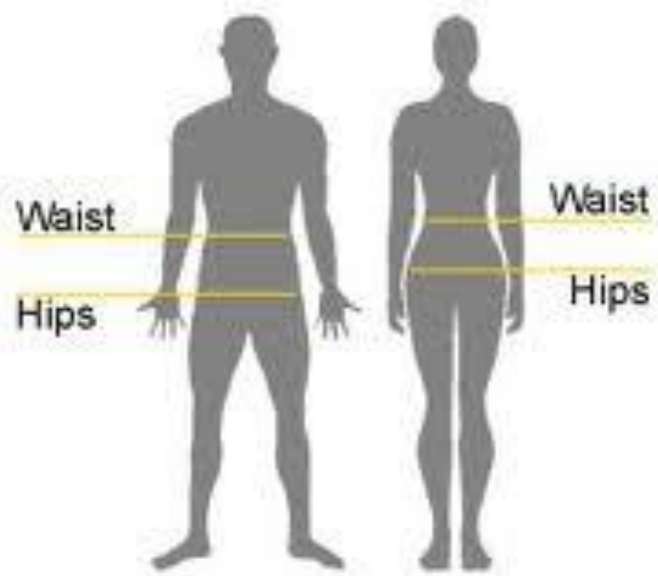
Assessing Your Weight

BMI and waist circumference are two screening tools to estimate weight status and potential disease risk.

$$\text{Ratio} = \text{Waist} \div \text{hip} / \quad \text{BMI} = \frac{\text{Weight (kg)}}{[\text{Height(m)}]^2}$$



	Acceptable		Unacceptable	
	Excellent	Good	Average	High
Male	< 0.85	0.85 - 0.90	0.90 - 0.95	> 0.95
Female	< 0.75	0.75 - 0.80	0.80 - 0.85	> 0.85





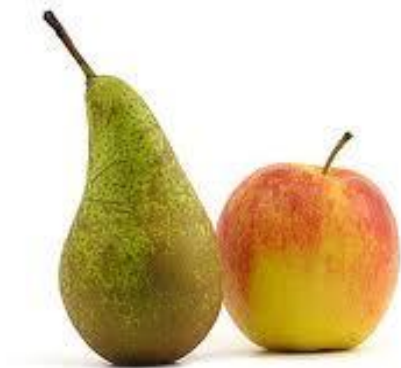
More weight above waist

More weight below waist

Apple shape

Apple shape

Pear shape



Ratio= Waist ÷ hip =111 ÷110=1 abnormal

The calculating is done by dividing the measurement around the waist by the measurement around the hips. For example:

A 31" waist measurement divided by a hip measurement of 43" will yield a WHR of 0.72:

$$31 \div 43 = 0.72 \quad \text{normal number .}$$

Ratio=Waist ÷Hip

Healthy Living

The key to achieving and maintaining a healthy weight isn't short-term dietary changes; it's about a lifestyle that includes healthy eating and regular physical activity.



Healthy Weight

A high BMI can be an indicator of high body fatness. People must be learn about balancing calories, losing weight, and maintaining a healthy weight.

Strategies to Prevent Obesity

There is no single or simple solution to the obesity epidemic. It's a complex problem and there has to be a multifaceted approach.

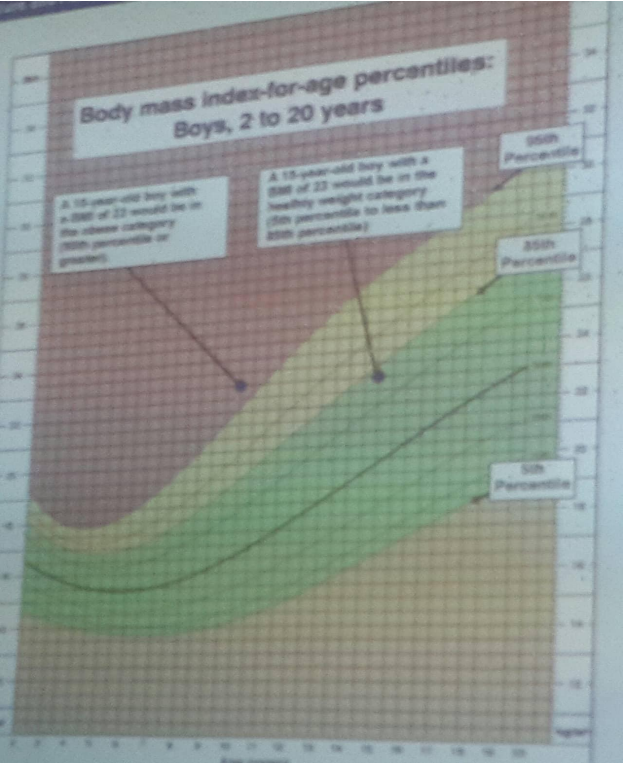
1. Ministry of health plan.
2. local organizations,
3. business and community leaders,



4. community health team in schools .
5. childcare and healthcare professionals, and
6. individuals must work together to create an environment that supports a healthy lifestyle.

2-Preventing Obesity in Children and Adolescents

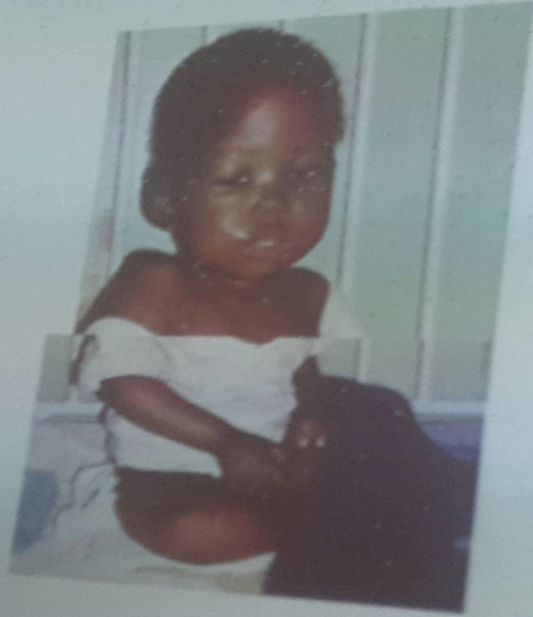
Young people generally become overweight or obese because they don't get enough physical activity in combination with poor eating habits. Genetics and lifestyle also contribute to a child's weight status.

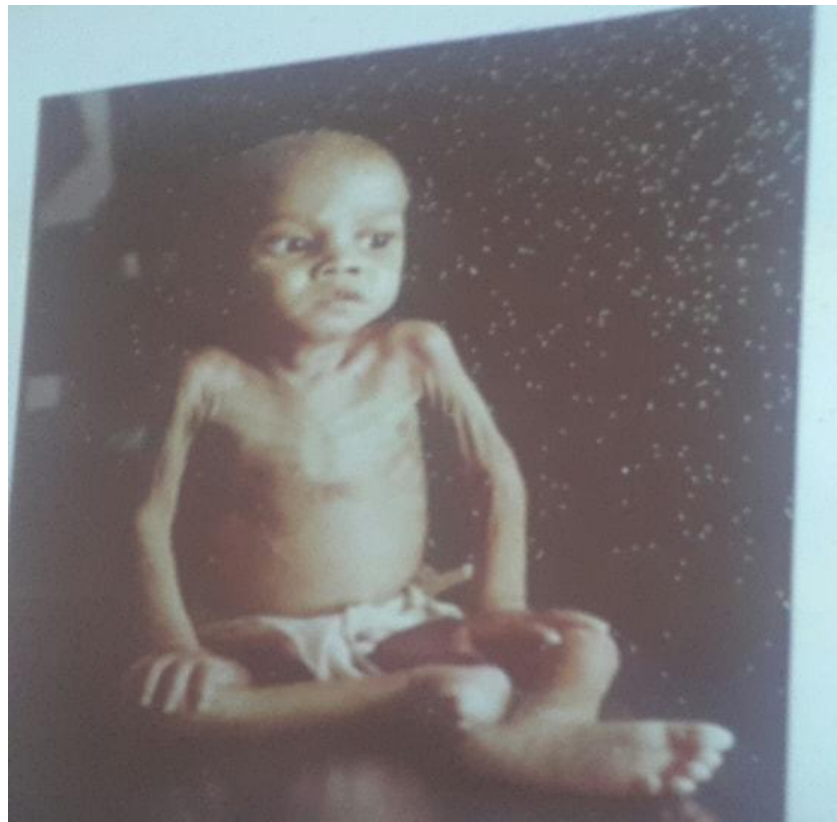


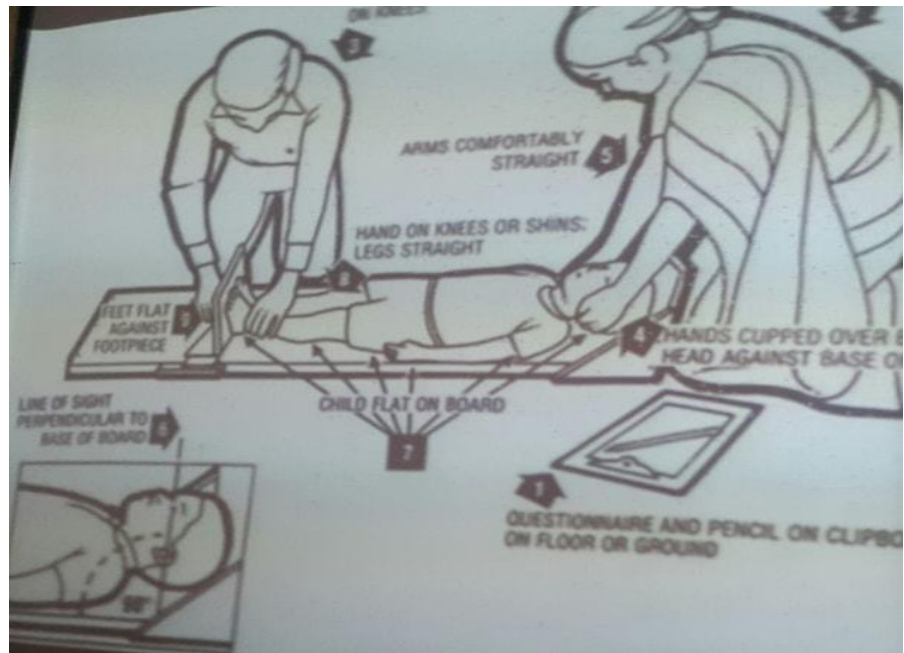
تفسير النقطة المرسومة على مخطط النمو

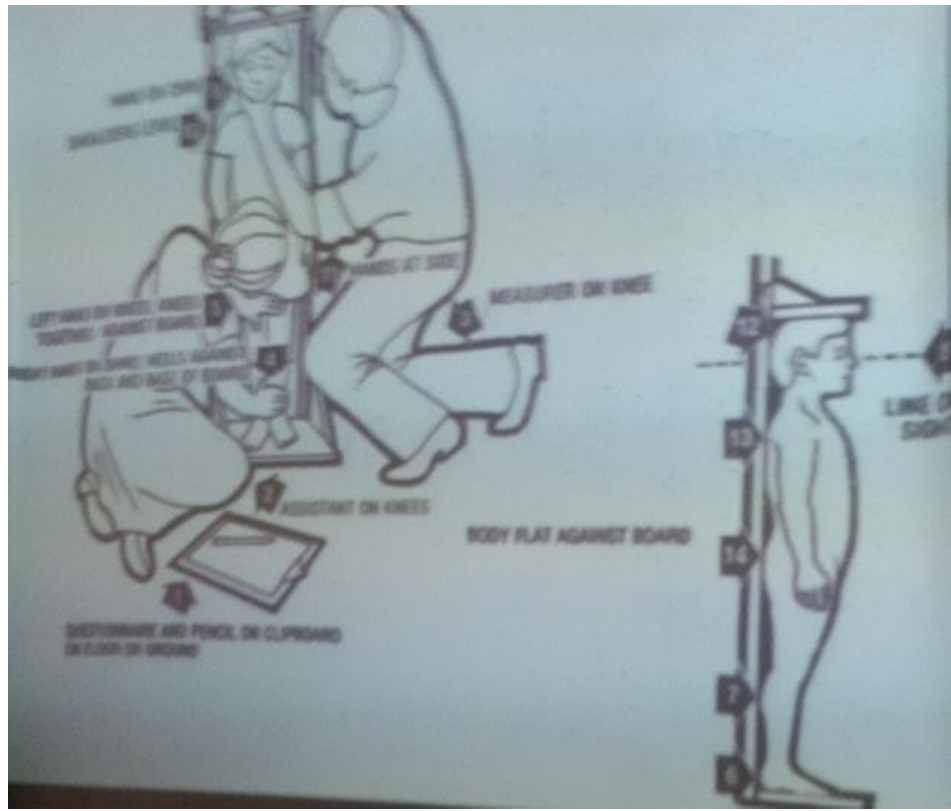
مؤشرات النمو				Z- scores
مؤشر كتلة الجسم (BMI) (الوزن / الطول ²)	الوزن / الطول أو الكتلة	الوزن / العمر	الطول أو الكتلة / العمر	
السمنة	السمنة	استعمال مخططات الطول أو القامة الوزن BMI العمر	طول الوالدين أو الإحالة	أكثر من 3
زيادة الوزن	زيادة الوزن			أكثر من 2
استعمال مخطط (زيادة الوزن)	استعمال مخطط (زيادة الوزن)			أكثر من 1
				صفر (الوسط)
				أقل من -1
		نقص الوزن	نقص	أقل من -2
الهزال الشديد	الهزال الشديد	نقص الوزن الشديد	النقرم الشديد	أقل من -3

Kwashiorkor child









Less than 2-score

5 years Evaluation child group:

- growth assessment. WHO/1992

anthropometric measurement.

Self road → traditional new growth Record: - from born to 5 years

کوتے = ۱,۰۵ سے زیادہ
۵ سے زیادہ وزن طفل

تاریخ ایسا - تاریخ اولاد - عمر درجہ

11/4/2013

- 2012/2011

۱۱/۴/۱۱

تیسا اصرالفضل

کہ اولاد سے سی

۱۲/۵/۲۰۱۶

۱۱/۴/۲۰۱۵

~~۱/۱/۲۰۱۴~~

یہ لہجے کے لئے مائیکرو کی اولاد

Less than 2 year

more than 2 year by standing

فرق = ۰.۷ فرق

تیسا اصرالفضل ادا کر کے ح سے ڈی جے ڈی

۱۰ - ۱۰ - ۱۰ - ۱۰ - ۱۰ - ۱۰

۱۰ = ۱۰ (۱۰) کفر

Mavmas + Kaushekor

تیسا اصرالفضل BMI

✓ There are a number of steps you can take to help prevent overweight and obesity during childhood and adolescence.

They include:

1. Gradually work to change family eating habits .
2. Be a role model. Parents who eat healthy foods and are physically activity set.



3. Encourage physical activity. Children should have an hour of moderate physical activity most days of the week. More than an hour of activity may promote weight loss and subsequent maintenance.
4. Reduce time in front of the TV and computer to less than two H/day.
5. Encourage children to eat only when hungry, and to eat slowly.
6. Avoid using food as a reward or withholding food as a punishment.

7. Keep the refrigerator stocked with fat-free or low-fat milk and fresh fruit and vegetables instead of soft drinks and snacks high in sugar and fat.
8. Serve at least five servings of fruits and vegetables daily.
9. Encourage children to drink water rather than beverages with added sugar, such as soft drinks, sports drinks and fruit juice drinks.

3-Preventing Obesity in Adults

Many of the strategies that produce successful weight loss and maintenance will help prevent obesity.

1. Improving your eating habits and
2. Increasing physical activity play a vital role in preventing obesity.

Things you can do include:



1. Eat five to six servings of fruits and vegetables daily.
2. Choose healthy foods ,avoid highly processed foods made with refined white sugar, and saturated fat.
3. Avoid fast-food restaurants.
4. Balance the food ,Eating more calories than you burn for energy will lead to weight gain.



5-Avoid foods that are high in "energy density" or that have a lot of calories in a small amount of food.

6-Make opportunities during the day for even just 20 to 30 minutes of some calorie-burning activity, such as brisk walking, cycling, gardening and swimming .

Types of exercise :

Exercise and physical activity fall into four basic categories :

- 1-Endurance or aerobic
- 2-Strength.
- 3- Balance.
- 4- Flexibility.



1-Endurance, or aerobic, activities increase breathing and heart rate. They keep heart, lungs, and circulatory system healthy and improve overall fitness. As a result, they delay or prevent many diseases that are common in older adults such as diabetes and heart disease. **Aerobic exercise as following:**

A-Brisk walking or jogging.

B-Swimming.

C-Cycling.

D-Climbing stairs or hills or mountains .

E-Playing tennis.

F-Playing basketball.

2-Strength exercises : make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities. These exercises also are called "strength training" or "resistance training." as

A-Lifting weights.

B-Using a resistance band.(فرقة)

3-Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

A- Standing on one foot

B- Heel-to-toe walk

4-Flexibility exercises Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

A- Shoulder and upper arm stretch امتداد .

B- Yoga.

principles of food hygiene ,
according to (WHO):

- 1-Prevent contaminating food with pathogens spreading from people, pets, and pests (insect).
- 2-Separate raw and cooked foods to prevent contaminating the cooked foods.
- 3- Put cook foods in appropriate length of time and at the appropriate temperature.
- 4-Store food at the proper temperature.
- 5-Use safe water.
- 6-reduce using processed foods .
- 7-use natural and healthy foods.

Thank you