



OBESITY



Medical Services Department

How to deal with Obesity

What Is obesity?

Obesity is one of the most serious problems that affect the health of individuals and the community. It can be defined as:

“The increase in the body fat above the normal level specified, according to the individual’s height and weight.”

Where you can store the fats?

1-The lower part of the body: **Thighs and Buttocks (pear shape).**

2-The upper part of the body: **Waist and Stomach (apple shape).** This part is considered most dangerous.

3-All over the body: This is the accumulation of fat all over the body and it differs between males and females.

How we can classify Obesity?

It can be measured according to the **Body Mass Index (BMI)** and it is calculated as:

$$\frac{\text{Weight (kg)}}{\text{Height (m}^2\text{)}}$$

There are five different categories:

- 1- Healthy weight the BMI is from 18.5-24.9
- 2- Over weight the BMI is from 25-29.9
- 3- Obesity (Obese class 1) - 30-34.9
- 4- Medium obesity (Obese class 2) - 35-39.9
- 5- Morbidity obesity (Obese class 3) - above 40.

There is also another common fat distribution measurement method called, **The Waist to Hip Ratio (W/R Ratio)**. It can be measured by

$$\frac{\text{Waist circumference in CM}}{\text{Hips circumference in CM}}$$

It is classified as:

Females	Estimate health risk	Estimate body shape
80cm or below	Low	Pear
81cm to 85cm	Moderate	Avocado
85cm and above	High	Apple
Males	Estimate health risk	Estimate body shape
95cm or below	Low	Pear
96cm to 100cm	Moderate	Avocado
102cm and above	High	Apple



What are the causes of the obesity?

The main reasons:

- 1 -Overeating
- 2 -No, or low physical activities.

The other reasons:

- 1 -Heredity factors.
- 2 -Hormonal dysfunctions like Cushing syndrome & Hypothyroidism.
- 3 -Psychological factors like depression, social and educational factors.

Obesity complications:

When the person is obese the prevalence of these complications becomes higher

- 1 -Diabetic
- 2 -Cardovacular diseases
- 3 -Hypertention
- 4 -Hyperlipidimia
- 5 -Joined disease and gallstones

- 6 -Respiratory problems
- 7 -Cancer
- 8 -Infertility
- 9 -Asthm and other complications

How to deal with obesity?

Nowadays there are many ways to deal with and treat obesity. Some are:

1- Medicine intervention: There are two types of reducing weight drugs. Some work as lipid inhibitors and others work on the central nervous system some times to reduce the appetite, or increase the metabolic rate in the body. They have many side effects like increasing the blood pressure, loss of some essential nutrients & some times they cause addictions.

2- Surgical intervention: this can be by reducing the holding capacity of the stomach **Gastric bonding** (cannot eat two much) or to

reduce the absorption of nutrients from the intestines, **Intestinal Sesection**. Both of them have side effects.

Choosing one of these ways depending on the doctor's decision and patients needs.

3- Changing your life style: The best and the safest way:

You can start by doing the following:

* Change the eating habits and food choices.

* Reduce consuming high calorie foods like, chips, sugar, fast food, nuts, biscuits, fried foods, etc

* Use the low fat products like low fat protein e.g. cheese, milk, and boiled or grilled chicken without skin.

* Change the way of cooking and preparing



foods e.g. instead of frying potatoes, bake or boil them.

* Do not eat while watching the TV or playing on the computer.

* Eat slowly and always chew your food properly.

* Eat more of high fiber food like vegetables, fruits, whole grain, wheat bread. These can help in giving a feeling of satisfaction.

* Eat small frequent meals (4-5) times a day to make the stomach use to small portions of food and make your snacks less in calories such as low fat protein sources & vegetables.

* Always train yourself to read the food label to calculate your calories intake.

* Start a fun, proper physical activity program daily or at least three times a week.

* Avoid eating appetizer foods like pickles, spices and spicy food because they encourage eating more.



Note:

** Use one or more of these mentioned ways to treat obesity*

- 1- Varies from one person to another.**
- 2- Depends on which level of obesity he/she is.**
- 3- Other factors like social, cultural & economical.**

Choosing the way to reduce weight should be observed by the concerned people. (Doctors, Dieticians).

• Rapid weight loss is not recommended because you will gain it back fast. The best is to lose around 0.5-1 KG per week or 3-4 KG per month (individual varieties).

Does obesity affect my life style?

Yes Yes Yes