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Obesity, diet and nutrition

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Introduction: The findings of the continuing rise in the prevalence of obesity in Mauritius mandates that current obesity prevention activities are reviewed against the world's best practices as established both in developed and developing countries.

Obesity Prevention Programme: (a) A National Service Framework for Diabetes has been developed for the prevention, treatment and control of diabetes in Mauritius. (b) A Mobile Clinic Programme has been implemented to carry out screening for NCDs in the Community / Worksite / Secondary School (c) Physical Activity Programme is being enhanced (d) Empowerment Programme are organized to empower Health Personnel and Community Health Leaders (e) Some of the sensitization programmes are also backed

up by the media campaigns (f) Sensitization Campaigns are organized regularly to sensitize the community at large (g) National Plans of Action on Physical Activity and Nutrition have been developed. (h) Findings of the Mauritius Type 2 Diabetes Prevention Study which was a 3-year study. Achievements: (a) The prevalence of Diabetes has remained stable (b) Pre-diabetes has declined (c) There is an increase in prevalence in physical activity among both male and female adults aged 20 to 74 years.

Conclusions: Various measures for the prevention of obesity in Mauritius have been undertaken. However, though some positive points have been noted, yet more efforts are required to combat obesity in Mauritius.