

Obesity Summit 2018: Obesity management for quality of life- Kaukab Azeem- King Fahd University of Petroleum & Minerals, Saudi Arabia

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Obesity is lifestyle disease which is on the rise around the globe. Early prevention of obesity may avoid many diseases i.e., coronary heart disease and diabetes. Obesity is preventable and reversible. Obesity is classified as having a body mass index of 30 or greater. Obesity affects people's health and leads to diseases i.e., high blood pressure, diabetes and various cardiovascular diseases. Obesity is a chronic disease and growing threat globally. American College of Sports Medicine (ACSM) Guidelines; frequency: 3 to 5 days/week; duration: 20 to 60 min/day; intensity: 50% to 90% of aerobic capacity (VO₂max); mode: Large muscle groups, continuous, aerobic capacity. Guo Siqiang (2017) investigated and reveals that the combined exercise training appears to play a vital role in reducing the risk factors of cardiovascular diseases in elderly women with hypertension. Dennis T (2017) reveals that the weight loss plus combined aerobic and resistance exercise was the most effective in improving functional status of obese older adults. Causes of obesity: Obesity is generally caused by eating too much and moving too little. Moreover, the following are the main causes of obesity: Imbalance of calories intake, poor diet, lack of activity, stress, lack of sleep, genetics, medical reasons and poor life style. Obesity statistics: According to World Health Organization (WHO) stated that in the year 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese. Furthermore, interestingly 39% of adults aged 18 years and over were overweight in 2016 and 13% were obese. Cardiovascular diseases (CVDs) is the number 1 cause of death globally. More people die annually from CVDs than any other causes. An estimated 17.5 million people died from CVDs (WHO, 22 Sep 2016). Reviewed November 2016 by WHO in 2012, an estimated death due to diabetes were 1.5 million and 2.2 million deaths were attributable to high blood glucose. Obesity management:

Exercise, diet and lifestyle. Health benefits of exercise: Reduces the risk of coronary artery disease and hypertension, lower the blood pressure, increase HDL cholesterol and lower LDL cholesterol. Greater cardiac output will be able to deliver more blood to tissue. Longevity-greater life expectancy and increases metabolism rate. In conclusion, obesity is a worldwide problem. Lately, medical reports consider it as a disease that could lead to many serious health issues such as diabetes, heart problems and blood pressure. So, people should monitor and maintain their food intake, exercise daily and manage healthy lifestyle.

The goal is to enable healthcare providers to set reasonable, achievable, maintainable weight loss targets that will improve the psychological well-being and QoL of individuals living with obesity. PubMed and Web of Science searches were conducted to identify literature that addresses the key question: How can distress over obesity be measured and taken into account when tailoring weight loss interventions for a particular patient?

'Distress over obesity' is a key parameter that illustrates the psychological consequences of excess weight. Healthcare providers can draw on a range of obesity-specific and non-specific assessment tools to quantify distress as well as the other contributions of obesity to QoL and mental/emotional health. When physicians consider the psychological/QoL aspects of obesity and how these change with successful weight loss, it becomes possible to set achievable, realistic weight loss goals and develop a manageable plan to achieve them. Any future developments that make it easier to achieve these goals should be made widely available to all patients in need, in order to help them turn a vicious cycle of failure into a virtuous cycle of success