

Obesity Pandemic in Jordan out of Control:

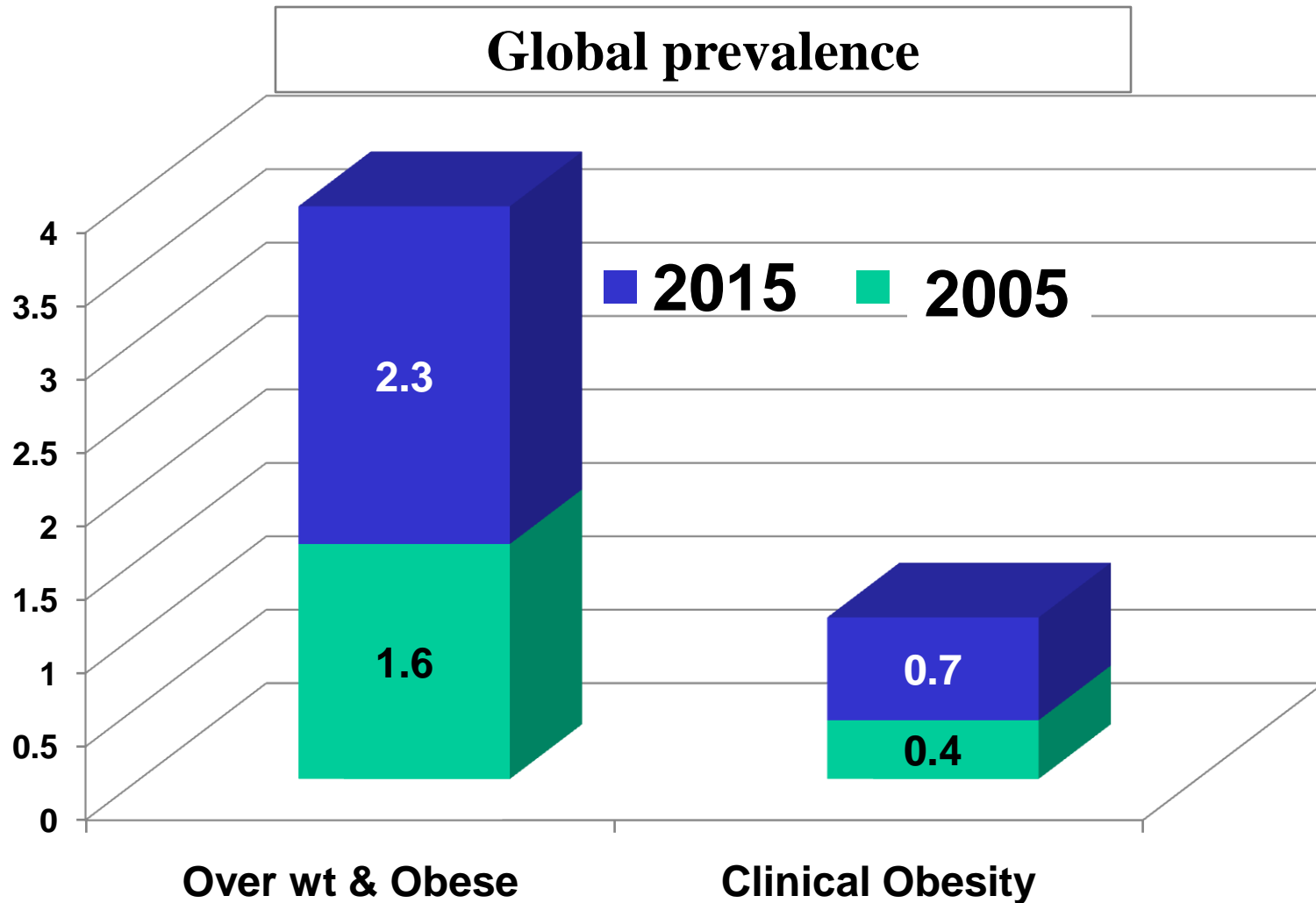
The Nexus Between Eating Practices & Physical Activity

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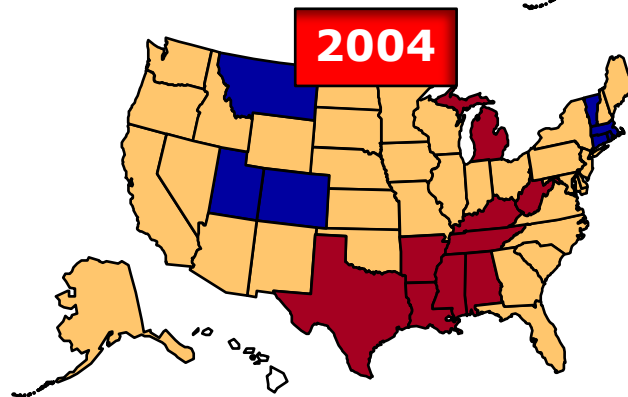
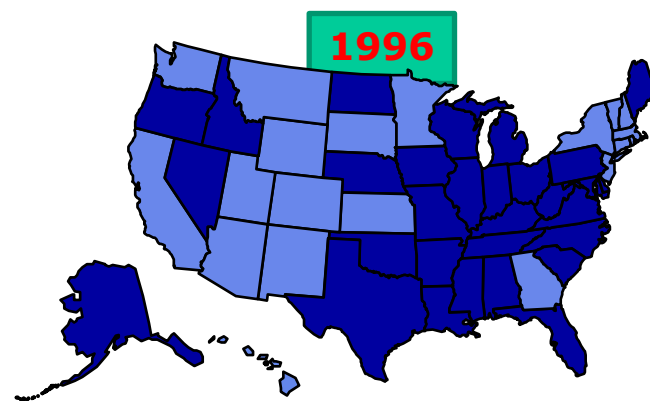
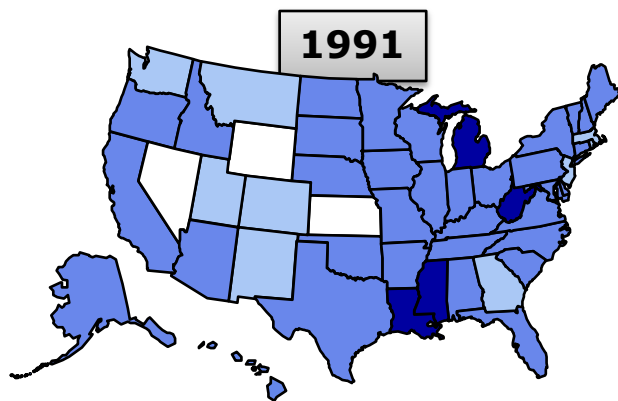
University of Jordan , 2010

Obesity: Facts & Figures (WHO, 2006)



Obesity: Facts & Figures

16 % of All Children & Teens Overweight



U.S. Adults
(BMI ≥30)

No Data <10% 10%-14% 15%-19% 20%-24% ≥25%

Obesity: Facts & Figures

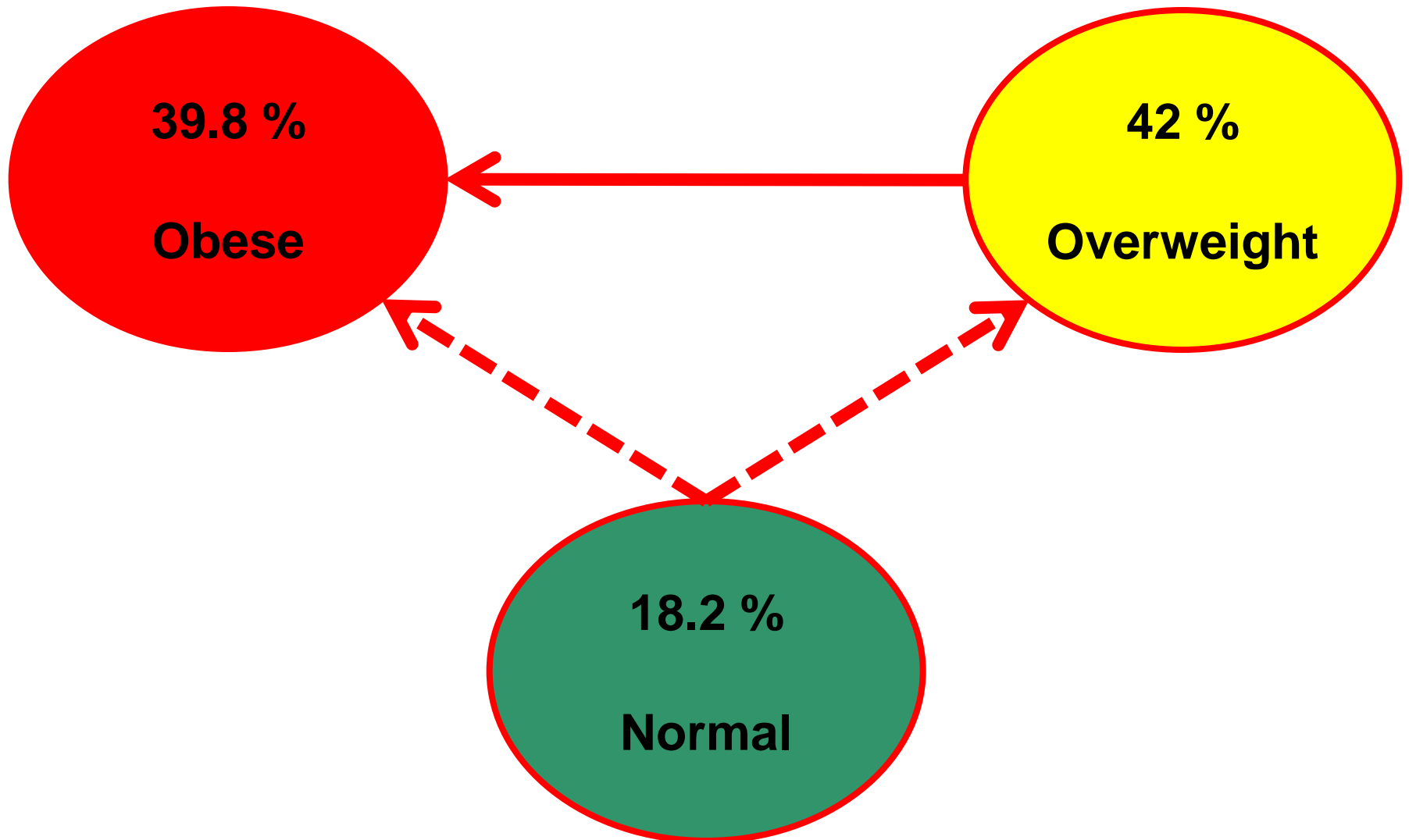
Adults - (BMI ≥ 30)

Age groups (years)						
Men (%)	20-29	30-39	40-49	50-59	>60	Total
Lebanon	8.4	15.8	19.4	19.6	15.3	14.5
Kuwait	32.1	35.8	40.1	35.3	15.2	32.3
Jordan	17.8	27.9	36.3	47.5	33.7	32.7
Women (%)	20-29	30-39	40-49	50-59	>60	Total
Lebanon	5.1	11.0	20.4	39.3	38.0	18.8
Kuwait	29.2	45.3	54.8	57.1	43.8	40.6
Jordan	25.9	56.0	76.1	73.8	65.8	59.8

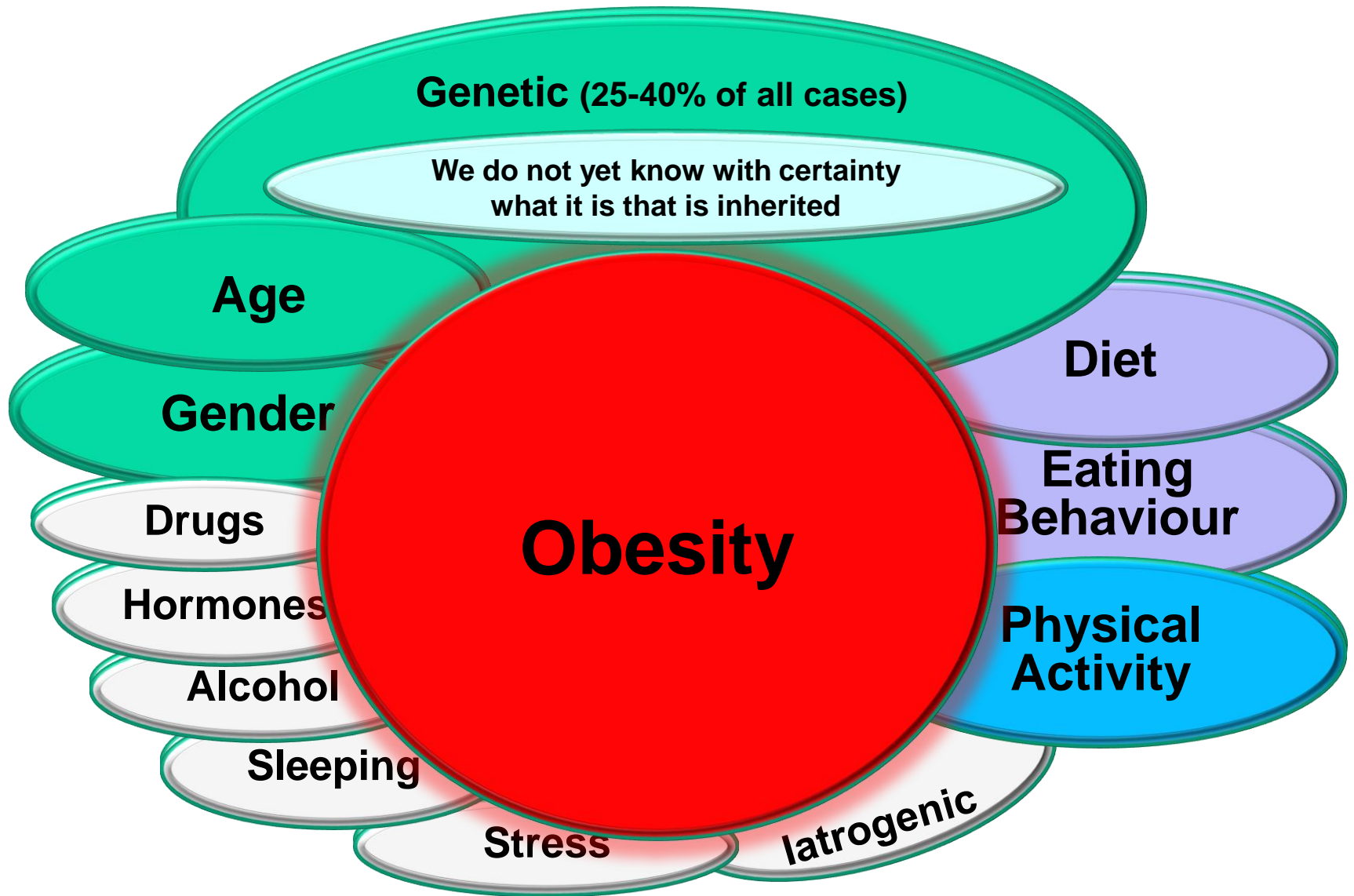
Infants <6 months = 7.1%

Obesity in Jordan: A Pandemic

Adults - (BMI ≥ 30)



Aetiology: A Multi-factorial Complex Crossing Point

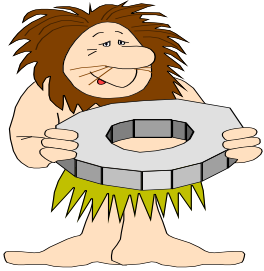


Evolution & Obesity

Hunter-gatherer

Leptin [Thin] gene

Affluent Societies



Feast & Famine



Feasts



Have
we
CHANGED



Causes of Obesity “McDonaldization”

DOUBLE Kcal for the SAME Price



Yesterday: 210 Kcal



Today: 610 Kcal

400 Kcal Difference = Walk 2 hrs & 40 mins

Causes of Obesity “Nintendo-nisation”

↑ Ready-to-Eat Snacks / ↓ Physical Activity



Causes of Obesity “Coca-colonization”

↑ Simple CHO, Empty ↑ Kcal.



Causes of Obesity “Automation”

↑ Time saving / ↓ Energy expenditure





Are
They
the
SAME





Is

It

the

SAME

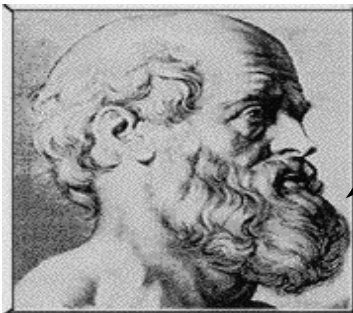


Obesity

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا
[الأعراف: ٣١].

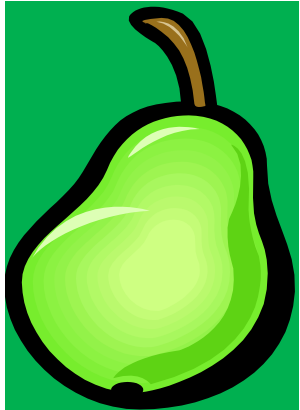
(ما ملأ ابن آدم وعاء شراً من
بطنه بحسب ابن آدم لقيمات يقمن
صلبه، فإن كان لا بد فاعلاً فتلت
لطعامه وتلت لشرابه وتلت لنفسه)
[رواه الترمذي].

“Persons who are naturally fat are apt to die earlier
than those who are slender”



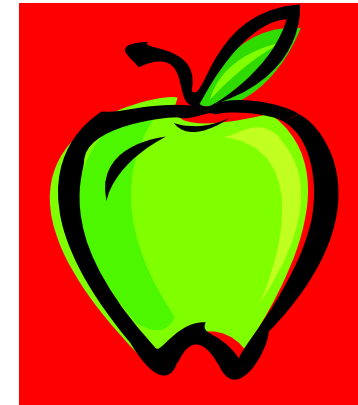
Hippocrates
Father of Medicine
(460 - 377 BC)

Body Fat Distribution: Waist Measurement



Women

(80cm) >88 cm Increased risk

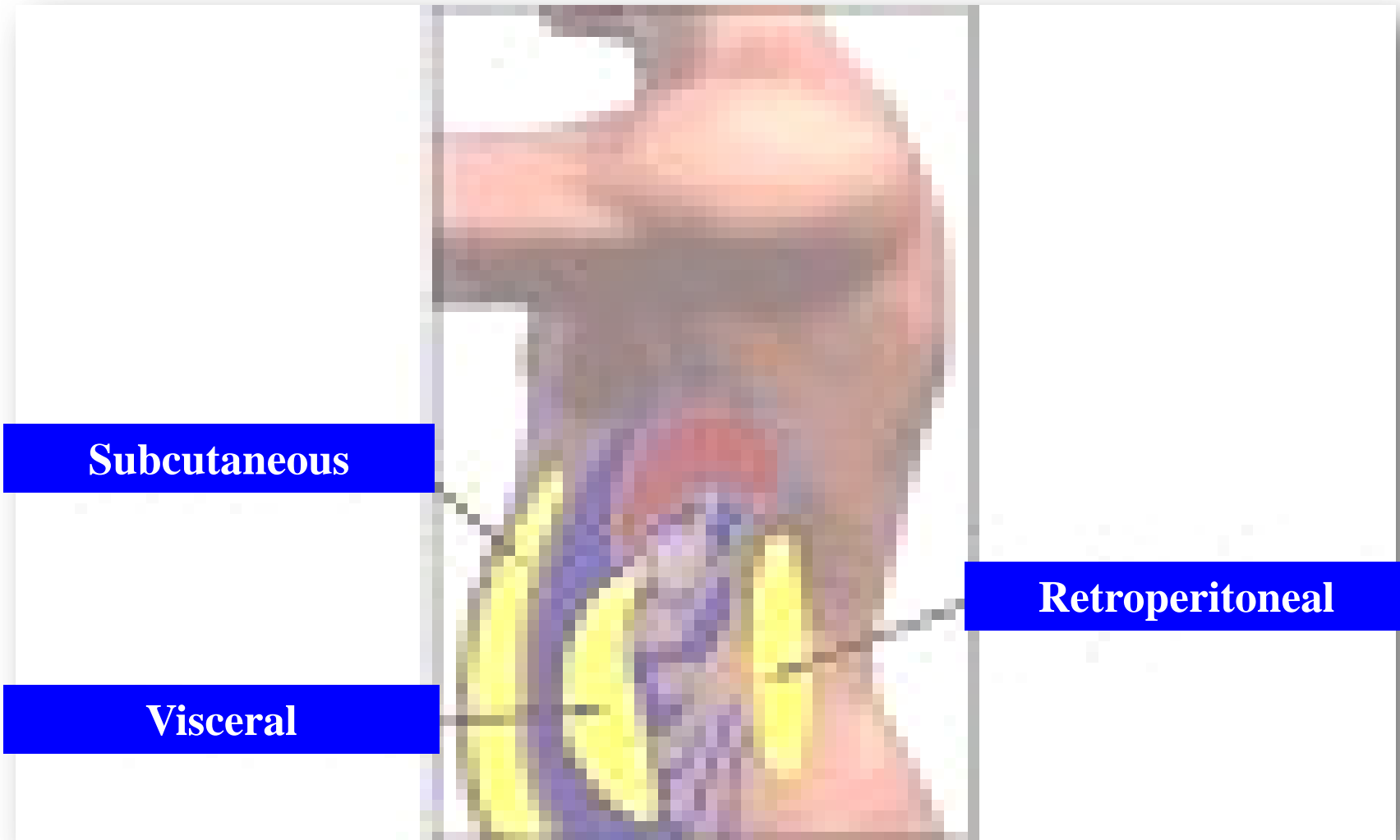


Men

(90cm) >102 cm Increased risk

Waist Measurement **OR** BMI?

Visceral Obesity & Health

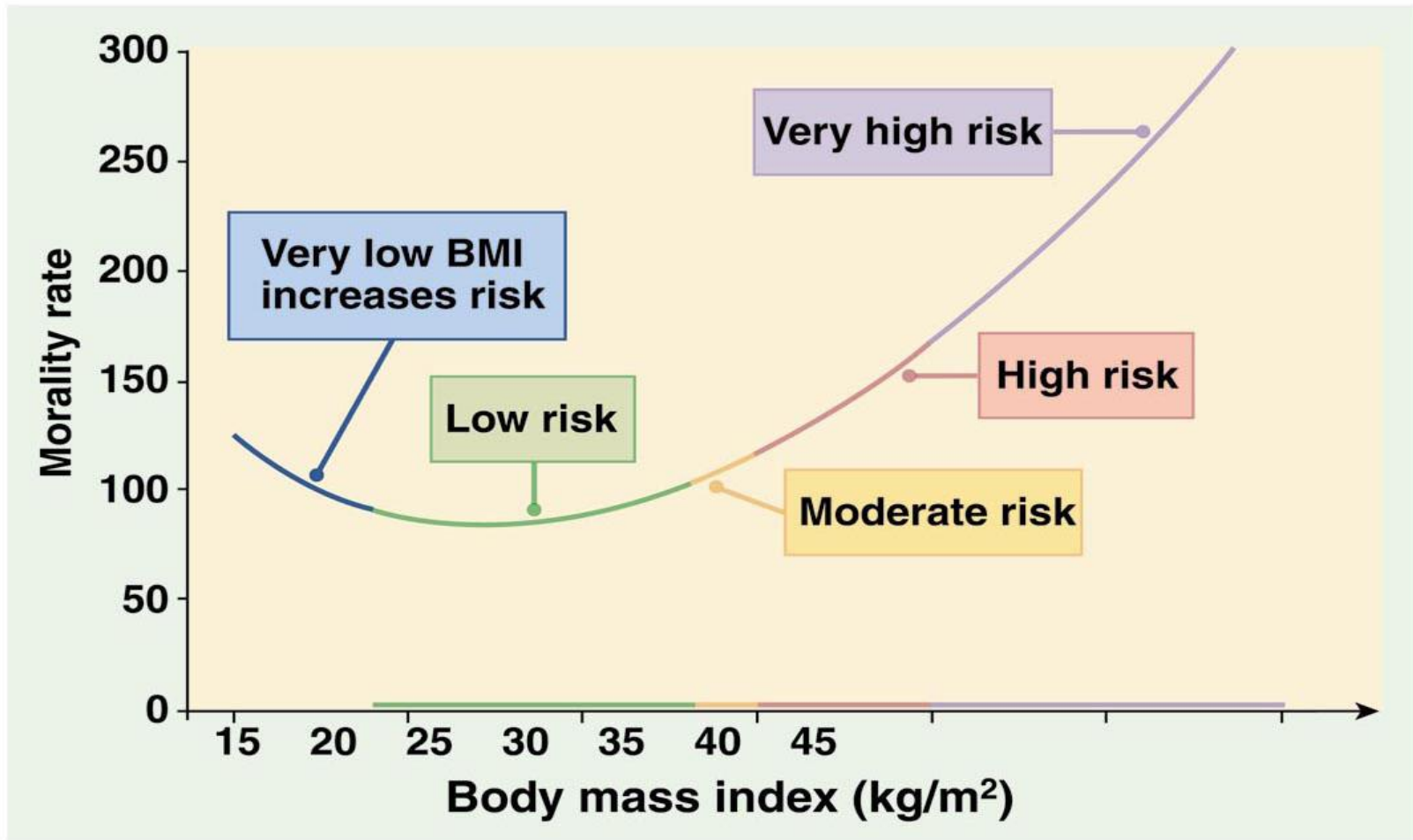


Subcutaneous

Visceral

Retroperitoneal

BMI & Health



Health Risks Associated with Obesity (WHO 1998)

**Greatly
Increased
(RR 2-3)**

**Moderately
Increased
(RR 2-3)**

**Mildly
Increased
(RR 1-2)**

Type 2 diabetes

**Gallbladder disease
High blood fats
Metabolic Syndrome
Infertility
Sleep apnea**

CHD

**Hypertension
Osteoarthritis
Gout**

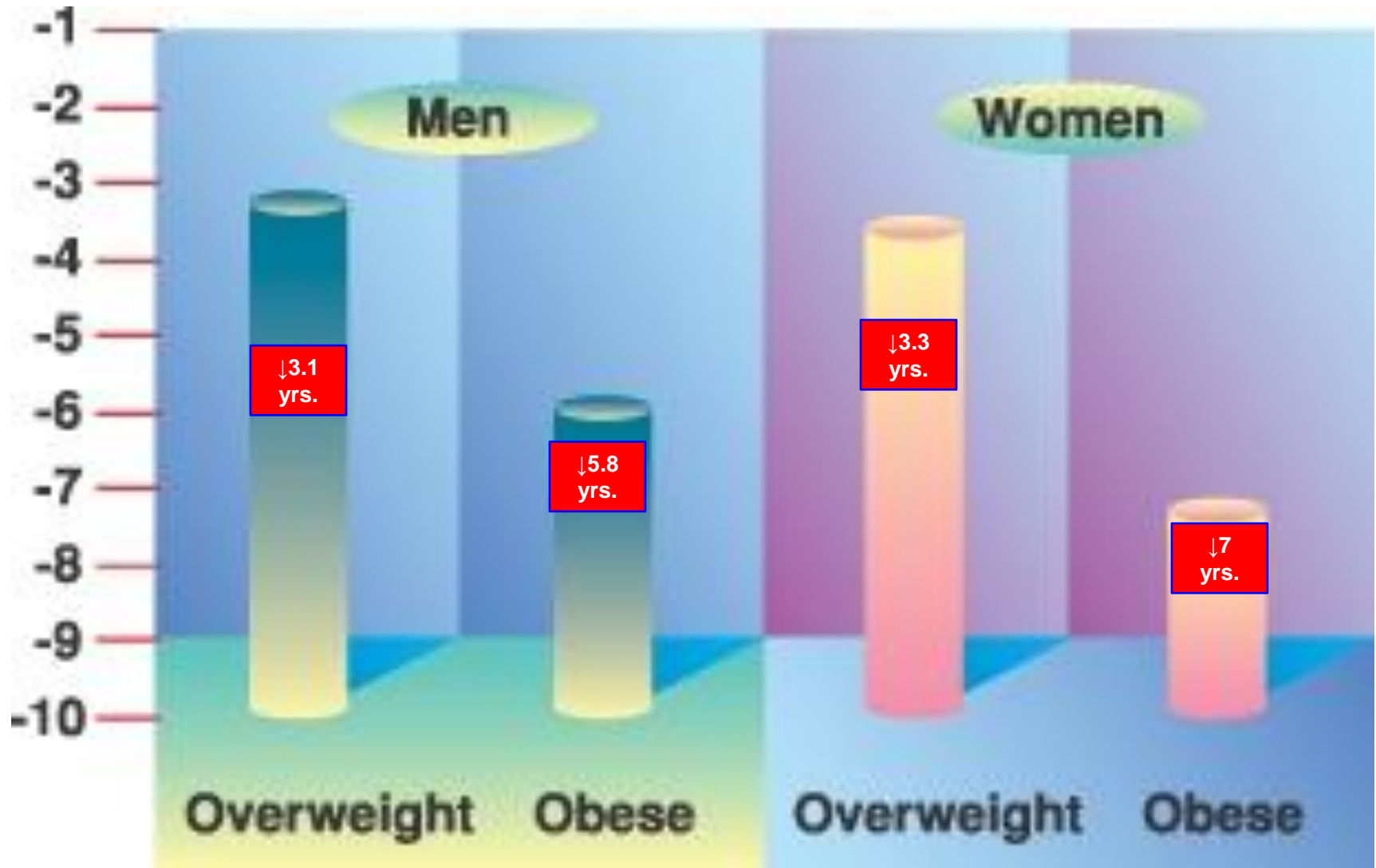
Cancer

**↑ Anaesthetic risk
Polycystic ovary syndrome**

Obesity is

**a serious potentially life-threatening condition
NOT
an affliction brought on by lack of self-control.**

Obesity & Life Expectancy



Obesity-Associated Annual Hospital Costs For children



**23%
Children**

**40%
Adults**

Get NO free-time

**Physical Activity
AT ALL.**

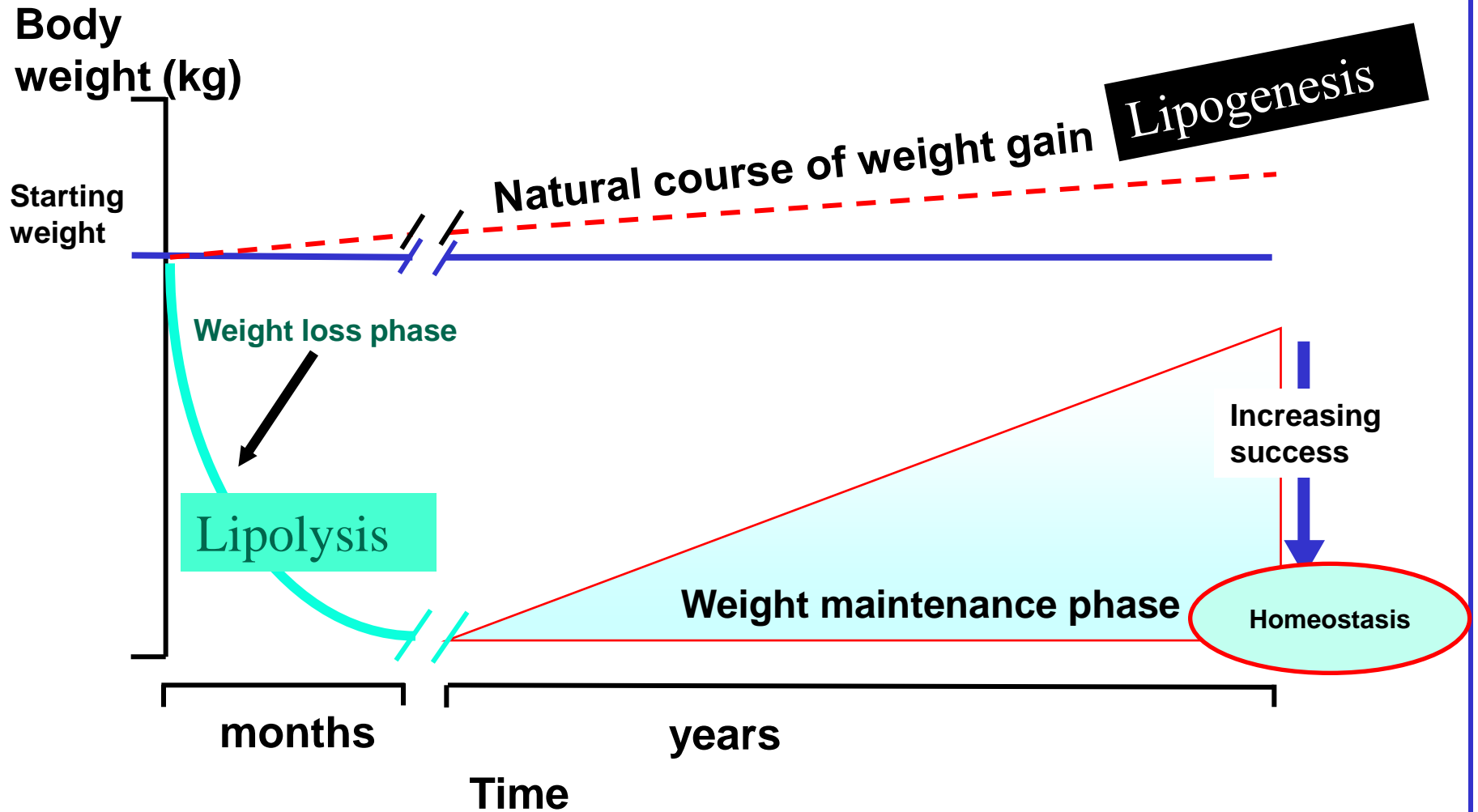


Benefits of 10% Weight Loss

Mortality	>20% fall in total mortality >30% fall in diabetes related deaths >40% fall in obesity related deaths
Blood pressure	Fall of 10mmHg systolic & diastolic pressure
Diabetes	50% fall in fasting blood glucose
Lipids	10% dec. in total cholesterol 15% dec. in LDL 30% dec. in triglycerides 8% inc. in HDL

Jung 1997

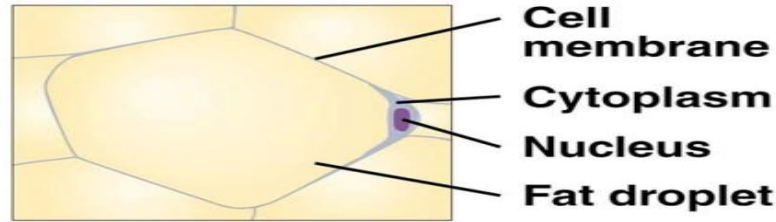
Success in Weight Management!



Success in Wt management: Early Theories

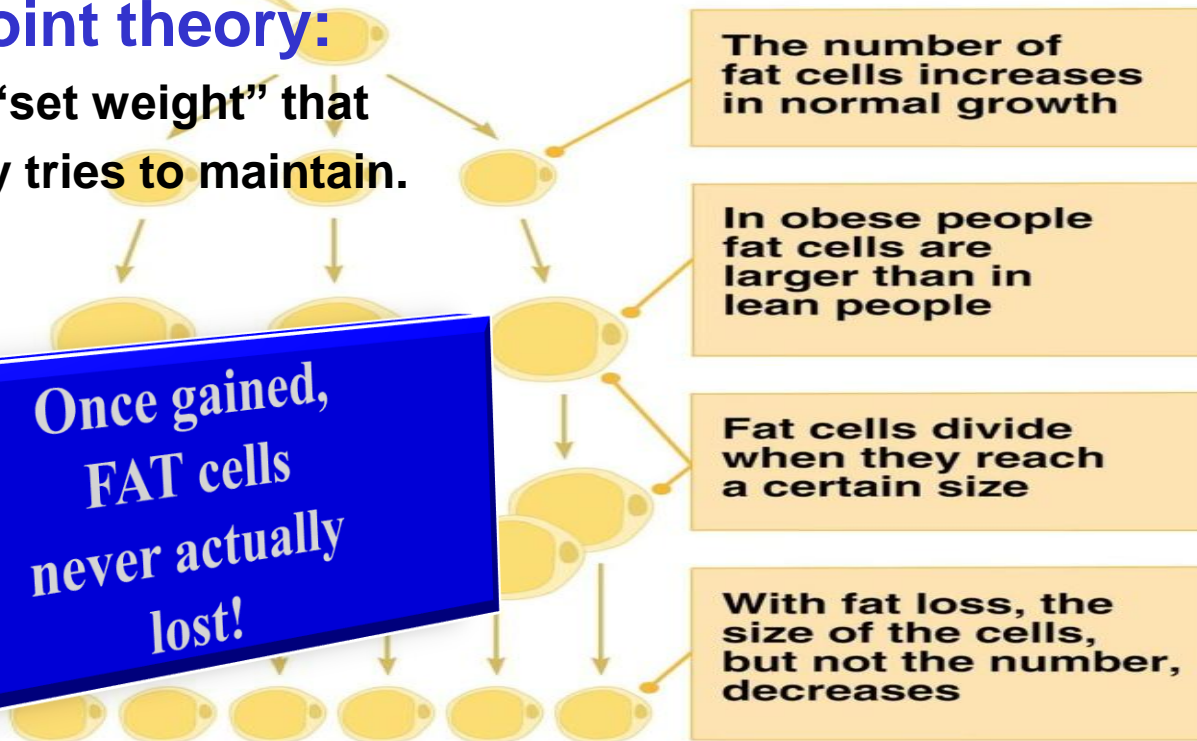
- **Fat cell theory:**

& size



- **Set point theory:**

A “set weight” that body tries to maintain.

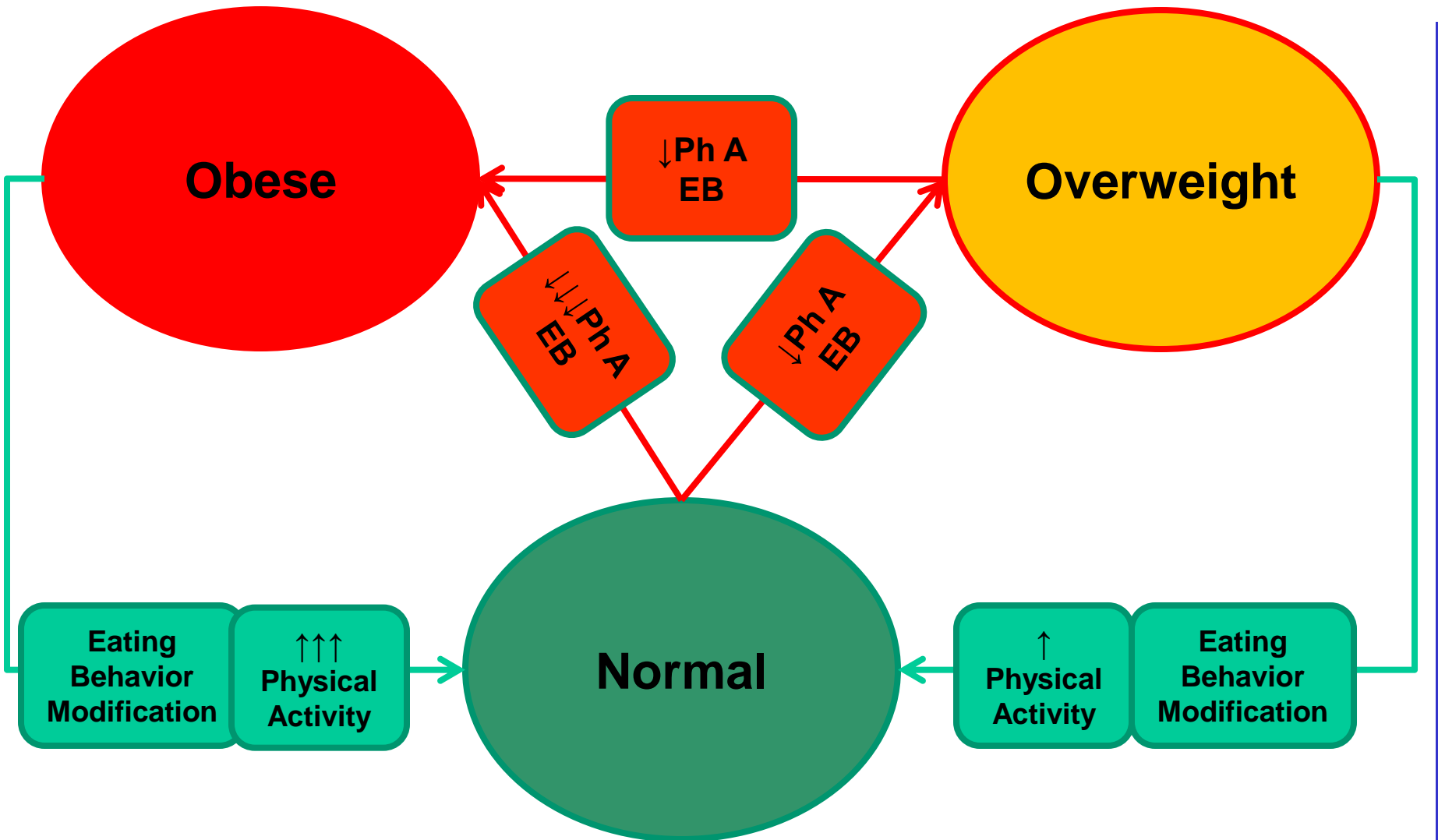


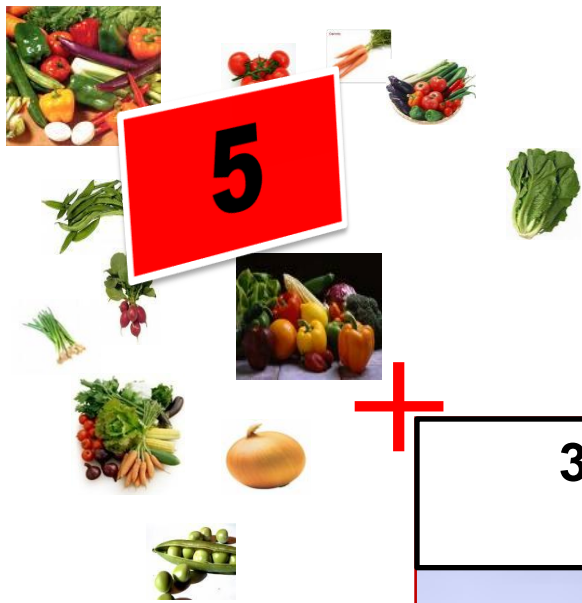
Childhood
Adolescence
Pregnancy

Once gained, FAT cells never actually lost!



Obesity Pandemic: What Can We Do!





5

+

**30min / day
5x / wk**




5x / wk

+



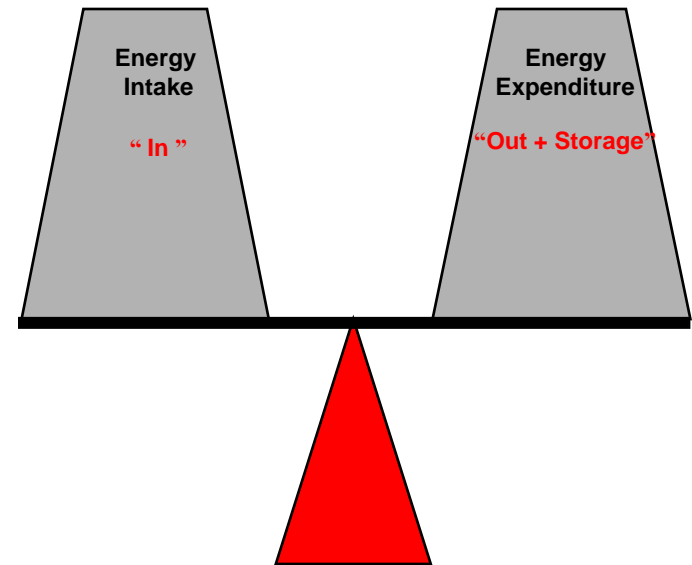
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- **Adequacy**
- **Balance**
- **Moderation**
- **Variety**
- **Caloric Control**
- **Nutrient Density**

Food Tips

- ! How often should one eat?
- ! When should one eat?
- ! How should one eat?
- ! What is the Plate Model?
- ! Less Fats?
- ! More fiber?
- ! Which beverage should you drink?



TIP:

If you reduce by

ONLY **1** hour

of TV TIME,

you will increase their life
expectancy by

2-3 years

