

# Obesity





## Obesity:

### **Obesity:**

Is the unnatural increase in body weight because of fat build up in the body, and this is controlled by many factors such as age, gender, physical activity and nutrition.

### **How to calculate Body Mass Index (BMI)?**

By calculating the BMI, you can find out if the patient is obese or not.

**BMI= Weight (kg)/ Height (m<sup>2</sup>)**

### **Example:**

If someone weighs 87 kg and has a height of 164 cm, their BMI will be:

$$87 \text{ kg} / 1.64 \times 1.64 = 29$$

**The number that we get from this equation is categorized according to these classifications:**

BMI	Classifications
Less than 18.5	Underweight
18.5 to 24.9	Normal
25 to 29.9	Overweight
30 and above	Obese
30 to 34.9	Obese class I
35 to 39.9	Obese class II
40 and above	Obese class III



## Waist to Hip Ratio:

The waist to hip ratio is considered to be one of the important methods to evaluate health; an increase in fat in the waist area is related to increased risk for Type 2 diabetes, high cholesterol, hypertension and heart disease.

To measure your waist to hip ratio, use a measuring tape (in meters), and wrap it around your waist, passing through the highest point from your hip bone and the belly button.

There is an increased risk for different health conditions if the waist to hip ratio is the following:



- Men: more than 102 cm or 40 inches
- Women: more than 88.9 cm or 35 inches



## Reasons for weight gain:



### Reasons for weight gain:

- Lack of physical activity and exercise or sedentary lifestyle.
- Bad eating habits, overeating fatty foods, sweets, soft drinks, and sweetened drinks.
- Stress and emotional changes.
- Genetics
- Certain health conditions
- Gland dysfunction (e.g. hypothyroidism).



### Complications resulting from obesity:

- High risk of heart disease, hypertension, diabetes and other diseases.
- Arthritis, rheumatism and back pain due to excessive pressure on the bones and lack of movement.
- Obstruction of body activities.
- Feeling depressed and insecure due to being overweight.



### Health Benefits of Weight Loss:

- Decreased risk of cardiovascular disease.
- Control of blood pressure and diabetes.
- Reduction in cholesterol and triglyceride.
- Reduction in joint pain.
- No lethargy and more energy.
- Reduced risk of developing psychological illnesses such as depression.



## Obesity treatment:

Excessive intake of calories causes weight gain and obesity. Thus, the goal of nutritional therapy is to reduce the total number of calories consumed.

Weight loss alone is not a cure for obesity. The focus should be on controlling and managing weight through achieving a healthy weight, maintaining general health, and achieving improvement in physical and mental health, diet, exercise, and other behaviors.

Weight reduction in obese individuals by 5% to 10% of their body weight contributes to reducing the diseases associated with obesity, and improving health in general.

Remember that it is better to lose weight gradually at a rate of about 0.5-1 kg per week, so it may take at least three to six months.



## Obesity treatment:

### **There can be many reasons why we consume more energy than we burn:**

- Eating high-calorie foods that are high in fat and sugar.
- Eating lots of snacks instead of regular meals.
- High consumption of sugary drinks.
- Lack of movement and sitting for long hours in front of TV, computers and smart devices.

### **Rules for healthy weight loss:**

- Do not overeat.
- Develop a diet plan with the calories needed to lose weight.
- Reduce intake of simple carbohydrates, sugars and fats.
- Regular exercise.

A hand is shown resting on a black scale. A green DNA double helix is overlaid on the right side of the image. The background is a light green gradient.

## Basic components of nutrition:

Our bodies need the energy to sustain life. Energy is measured in terms of calories. Weight gain is related to how much energy your body consumes.

Your weight stays the same if you take roughly the same amount of calories through food and drink compared to the energy your body burns through daily living and physical activity.

You gain weight if you consume more calories from food and drink than your body burns. You will also lose weight if you consume less calories.

### **Carbohydrates:**

Carbohydrates should be 45% - 65% of your total calories.

Watch carbohydrates consumed with your physical activity. It provides you with daily energy; if your physical activity is light, reduce your carbohydrate intake, and make sure you choose complex carbohydrates rich in dietary fiber such as brown rice and whole grains needs that help to get more prolonged satiety.

A hand is shown resting on a black scale. The background features a green DNA double helix structure. A green banner at the bottom contains the text 'Basic components of nutrition:'.

## Basic components of nutrition:

### Protein:

- The protein content is from 15%-20% of the total calories.
- This percentage of protein prevents the excessive loss of muscles during the planned diet period.
- Should be a source of good quality protein.

### Fats:

**Fat is 20%-35% of total calories.**

It is preferable to focus on eating healthy fats, which are unsaturated and polyunsaturated fats that come from plant sources, such as olive oil, canola, sunflower, avocado, peanut butter and most nuts.

### **Tips to reduce your intake of unhealthy fats:**

- Try to avoid or reduce the consumption of saturated fats, and trans fat as much as possible.
- Reduce the intake of fried or fatty foods.





## Basic components of nutrition:

### **Dietary fiber:**

- Children and adults need at least 20 to 35 grams per day.
- Women and men over 50 need 21 to 30 grams per day. By eating adequate amounts of fruits, vegetables, whole grains, legumes, seeds and nuts for good health.


### **Vitamins and minerals:**

Fruits and vegetables are rich sources of vitamins and minerals, and play a main role in a healthy diet, so you should eat five servings of vegetables and fruits daily.

### **Water:**

#### **Your need for water according to your weight:**

The amount of water that the human body needs varies from one person to another according to weight, age, and physical activity. A person may need to drink more water in some cases, such as after exercise and when the weather is hot.



## Anyone who suffers from obesity should:

- Set a realistic weight loss goal.
- Distinguish between healthy and unhealthy foods.
- Stay away from any commercial packaged foods high in sugar and salt.
- Stay away from unhealthy or unapproved medicines / supplements for weight loss.
- Periodic and regular follow-up with nutritionists.



## Benefits of exercises:

Exercise is beneficial for losing and maintaining weight, and exercise can increase your metabolism or increase the number of calories you burn in a day.

Combining exercise and a healthy diet is a more effective way to lose weight than to cut calories. Exercise can prevent or reduce symptoms of some diseases. Exercise also lowers blood pressure and cholesterol which is needed to maintain a healthy heart. Exercise also helps increase confidence and thus reduces anxiety and depression.

### Try to Exercise for 30 minutes daily!

#### Examples of sports activities:

- Walking
- Running
- Tennis
- Cycling
- Swimming
- Football
- Basketball

Lack of exercise and movement mainly contribute to weight problems; small changes in the daily routine can help increase your activity rate. For example: Walking for 30 minutes every day.

**Remember:** You should consult your physician if you suffer from any health problems before exercising to know the proper type of exercise for your health condition.



## General Tips:

- Keep a diary and write down information such as timing, quantity and quality of the food you are consuming, while also mentioning your mood at the time. Review this food diary routinely to know the reasons that make you binge eat. The food diary will also help you understand how to make meaningful changes to ensure you eat healthy and well-balanced meals.
- Do not keep any food in the bedroom and do not eat while watching television.
- Eat your meals at specific meal timings every day and do not have a late lunch or dinner.
- Eat slowly and eat small amounts of food.
- Replace high-calorie sauces with lemon, spices, and herbs.
- Use healthy cooking methods such as boiling, grilling, or steaming.
- Avoid sweets, sugar, soft drinks, and sweetened juices as much as possible.



## General Tips:

- Drink enough water.
- Find a hobby you enjoy doing, so you do not eat when you are bored.
- Eat a healthy breakfast that contains complete protein such as eggs or cheese to help you stay focused and satiated for longer.
- Do not eat large amounts of food at once as one meal.
- Stay away from foods with high calories and low nutritional value.
- Always remember that your emotions play a significant role in losing weight.
- Consult your doctor and dietitian before following any weight loss diet.