



Obesitas

Students:

Atilla

Bahar

Cansu

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Janine

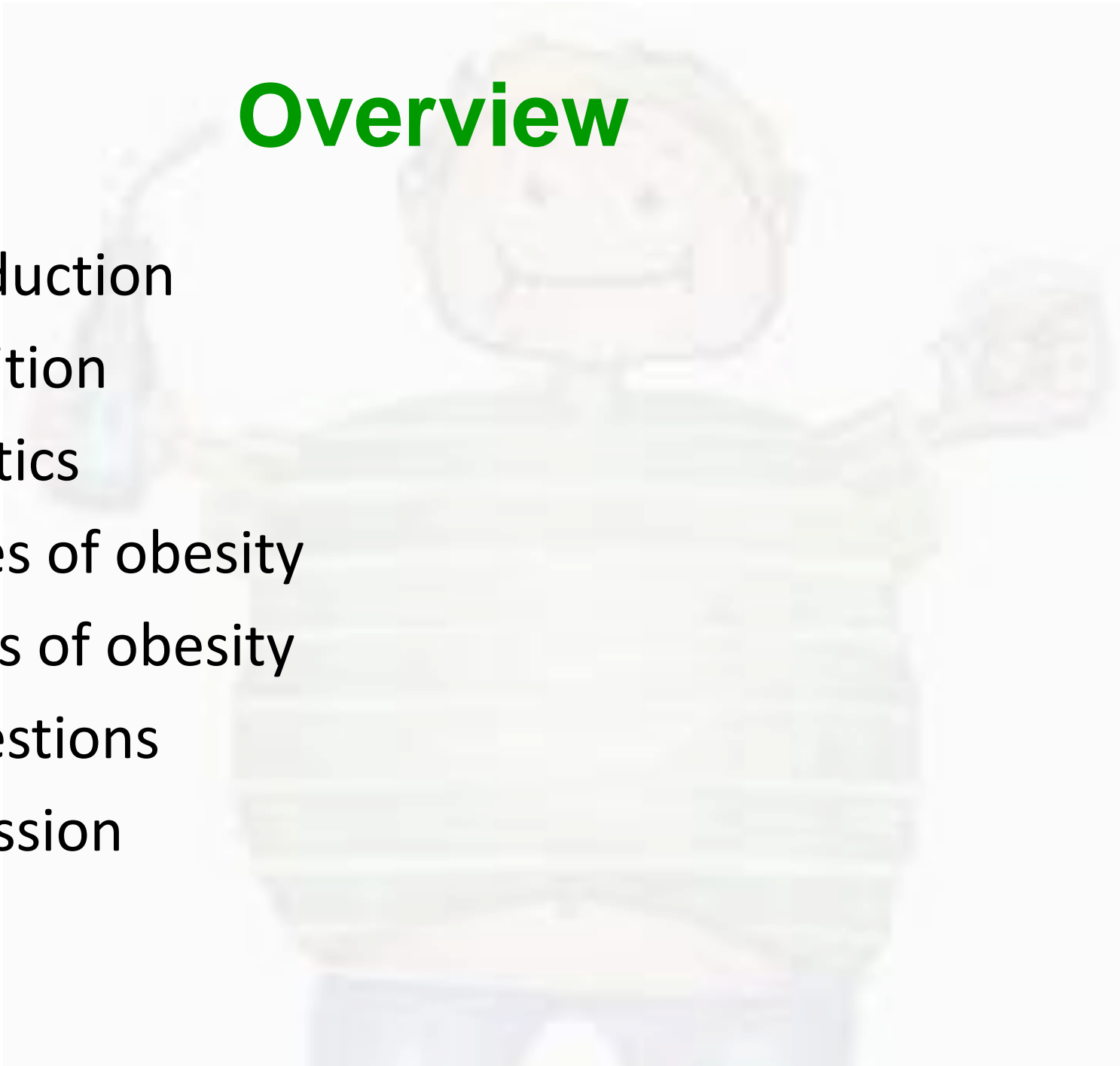
Kertu

Marco

2012 February

Overview

- Introduction
- Definition
- Statistics
- Causes of obesity
- Effects of obesity
- Suggestions
- Discussion



Introduction



Obesitas (I)

- Definition: abnormal or excessive fat accumulation that may impair health.
- WHO: a BMI greater than or equal to 30 is obesity.
- Men/Women

Obesitas (II)

Obese men in Europe

Obese women in Europe



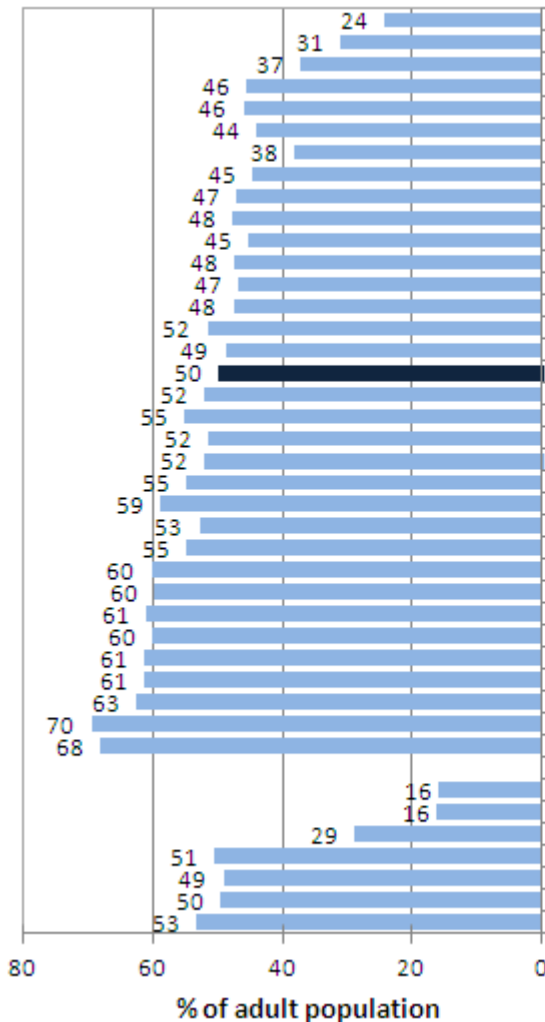
Statistical data (I)

What are the statistics in your country?

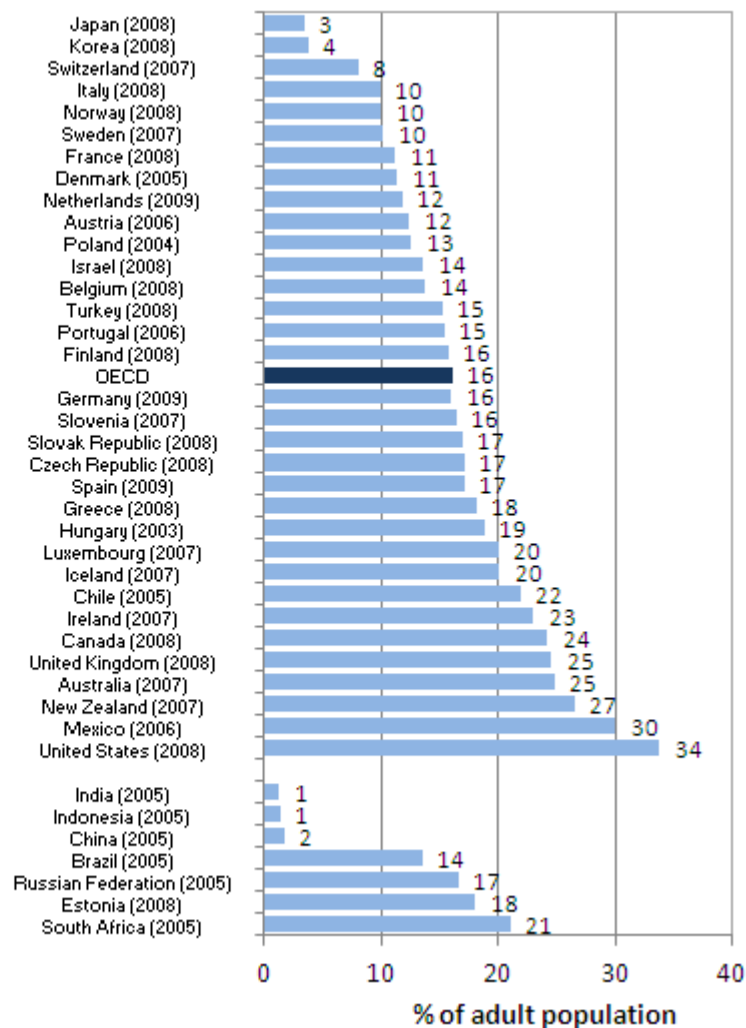


Statistical data (II)

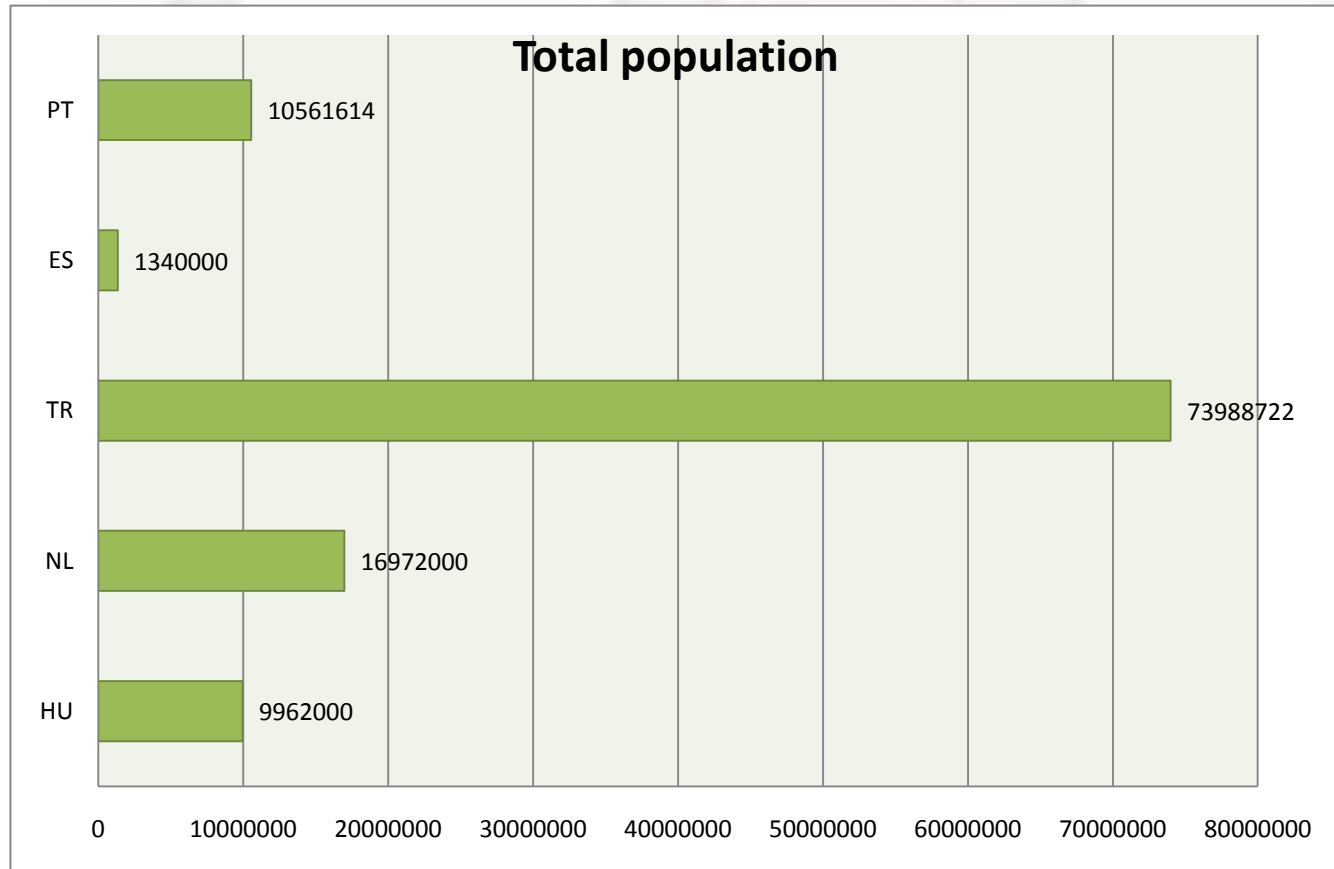
Overweight



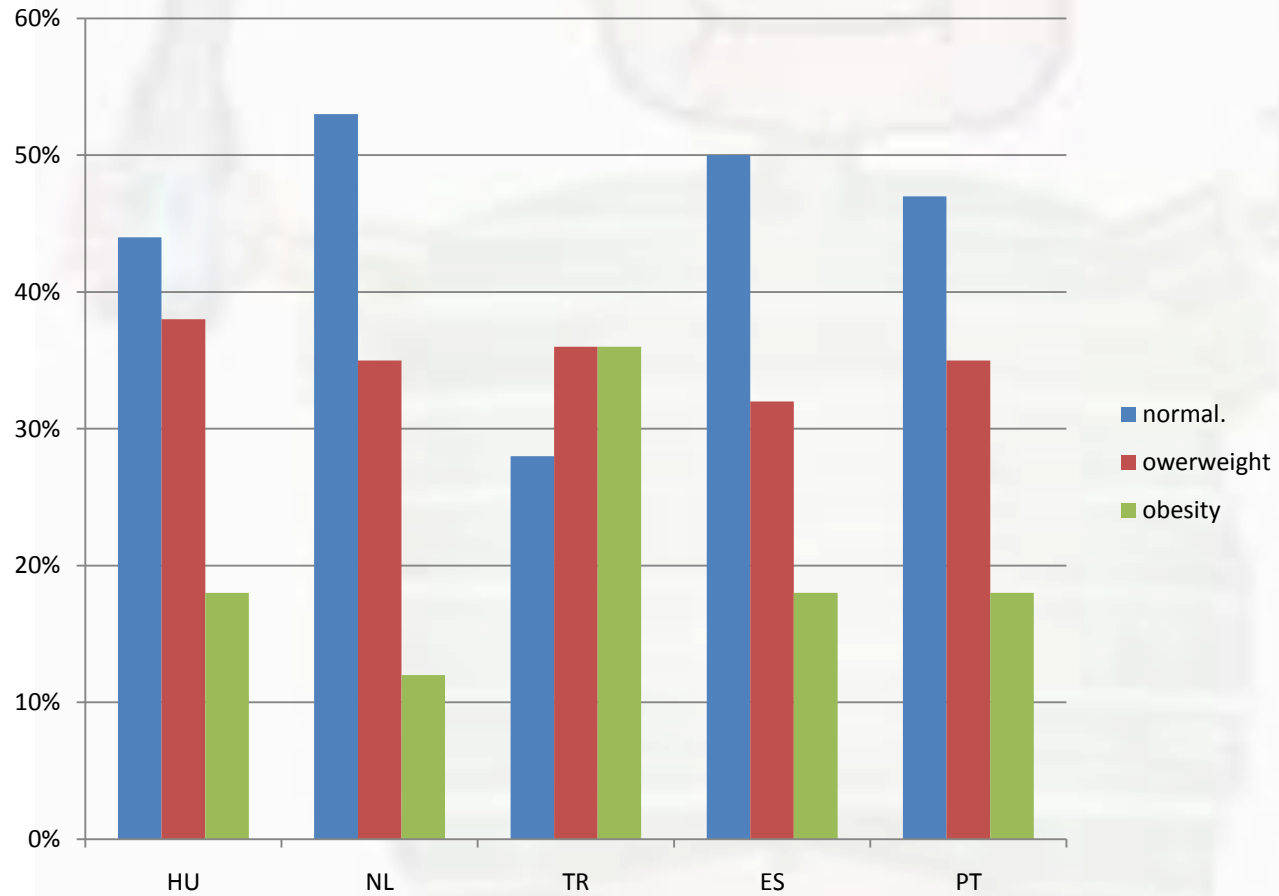
Obesity



Statistical data (III)



Statistical data (IV)



Causes for obesity

- Fast life
- Media
- Different eating habits
- Different culture
- Processed food
- Technology
- Urbanization
- Genetic factors
- Stress





Effects of obesity (I)

- **Metabolic syndrome**

WHO (1998) Criteria metabolic syndrome

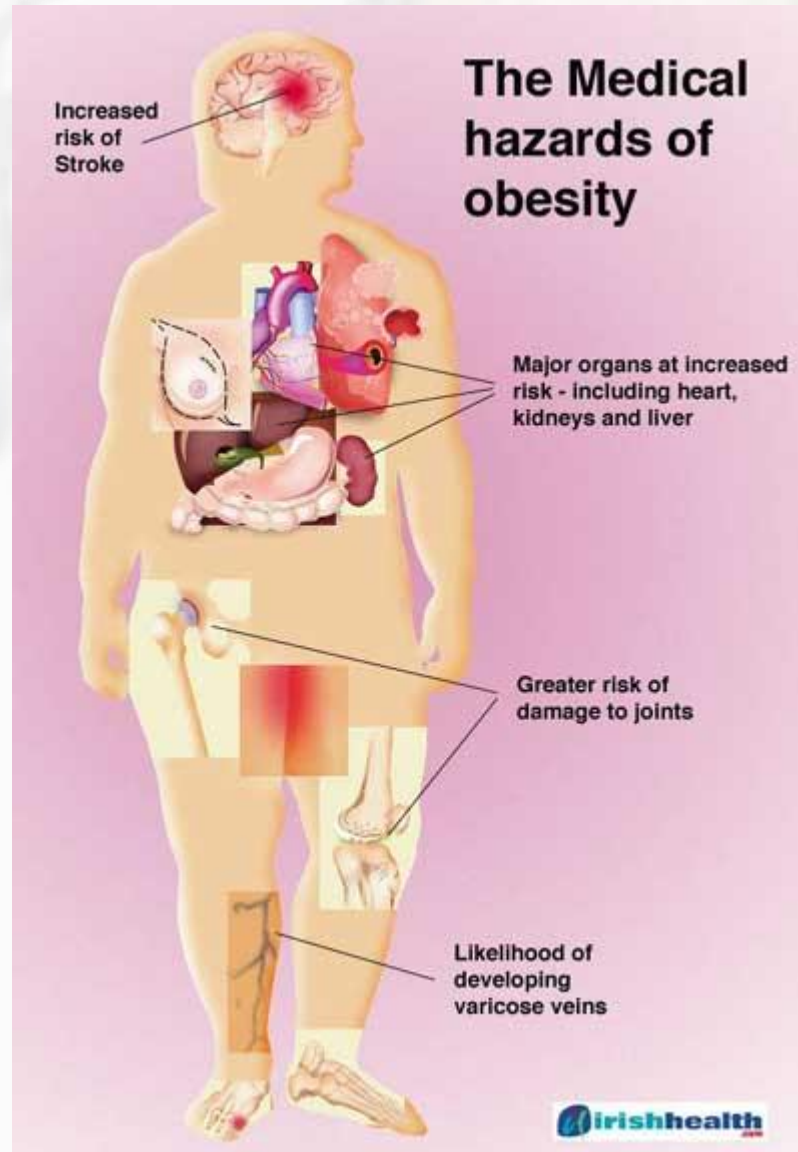
Combination of diabetes, pre-diabetes or insulin resistance and 2 of these signs:

- Albumin excretion $\geq 20 \mu\text{g}$ or albumin-creatinineratio $\geq 20 \mu\text{g}$
- BMI $> 30 \text{ kg/m}^2$ and/or WHR of $>0,90$ (men) or $>0,85$ (women)
- Triglyceride levels $\geq 1,7 \text{ mmol/l}$ and/or HDL $<0,9 \text{ mmol/l}$ (men) or $<1,0 \text{ mmol/l}$ (women)
- Blood pressure $> 140/90 \text{ mmHg}$ and/or medication

Effects of obesity (II)



Effects of obesity (III)



Effects of obesity (IV)

- **Social isolation**



- **More costs in health care**

Suggestions (I)

Ennetamine

Preventie

Prevention

Prevenção

Önlemek

Megelozes

Suggestions (II)

Who?

- Children
- Parents
- People with low SES

Prevention

How?

- Use models
- What's the health problem?
- What behaviour causes the health problem?
- What factors cause the behaviour?

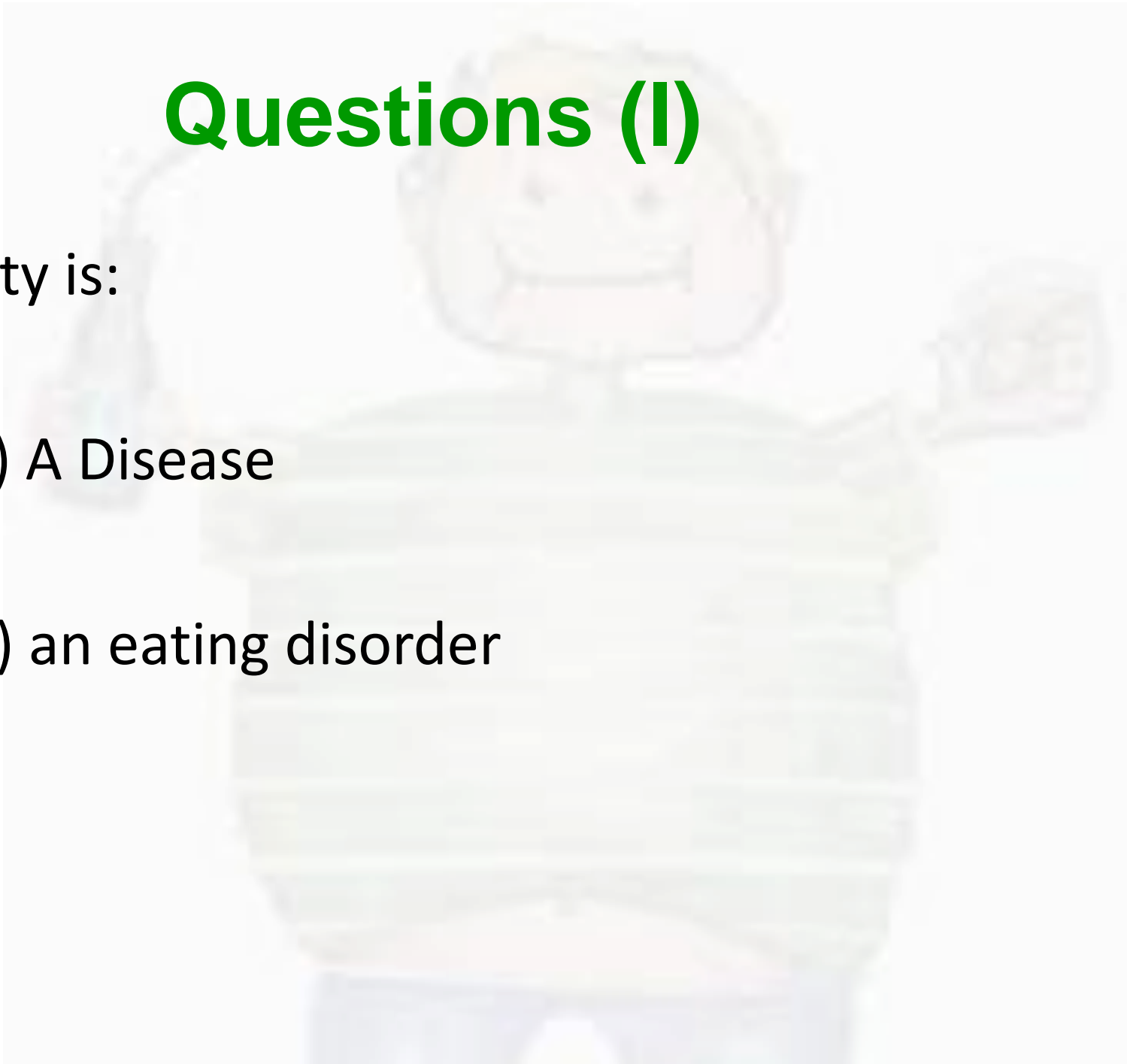
Example



Prevention

Questions (I)

- Obesity is:
 - a-) A Disease
 - b-) an eating disorder



Questions (II)

- The effects of obesity are:
- A- Hypertension, Atherosclerosis and Diabetes.
- B- Heart diseases, Stroke and Pneumonia
- C- Diabetes, Hypertension and Swelling of Legs (Oedema)

Questions (III)

- What is the relationship between fast life and obesity?
- A- Because of fast life people don't have time to cook something healthy
- B- They run a lot so they are too tired to do healthy food.
- C- They don't have time to poop.

Questions (IV)

- The best way to change the “wrong” behavior is to confrontate the client with his behavior.

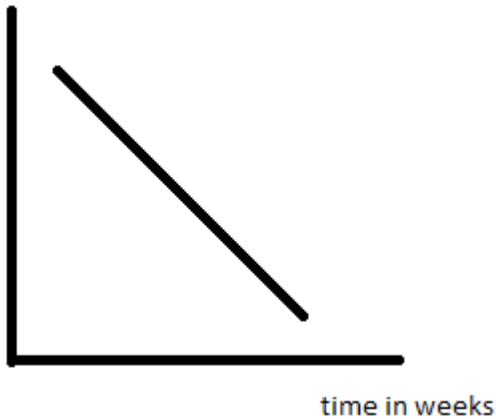
Yes or no?

Questions (V)

- Which kind of weight loss gives the highest risk to get the yo-yo effect?

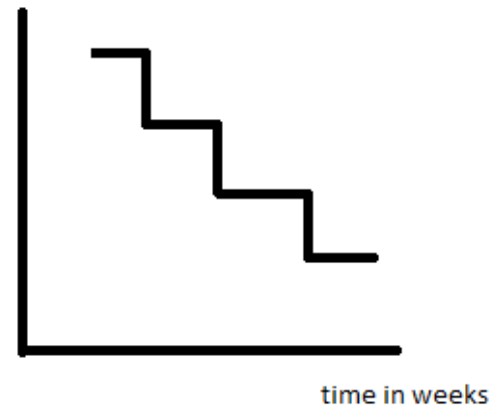
A

weight in kilogram



B

weight in kilogram



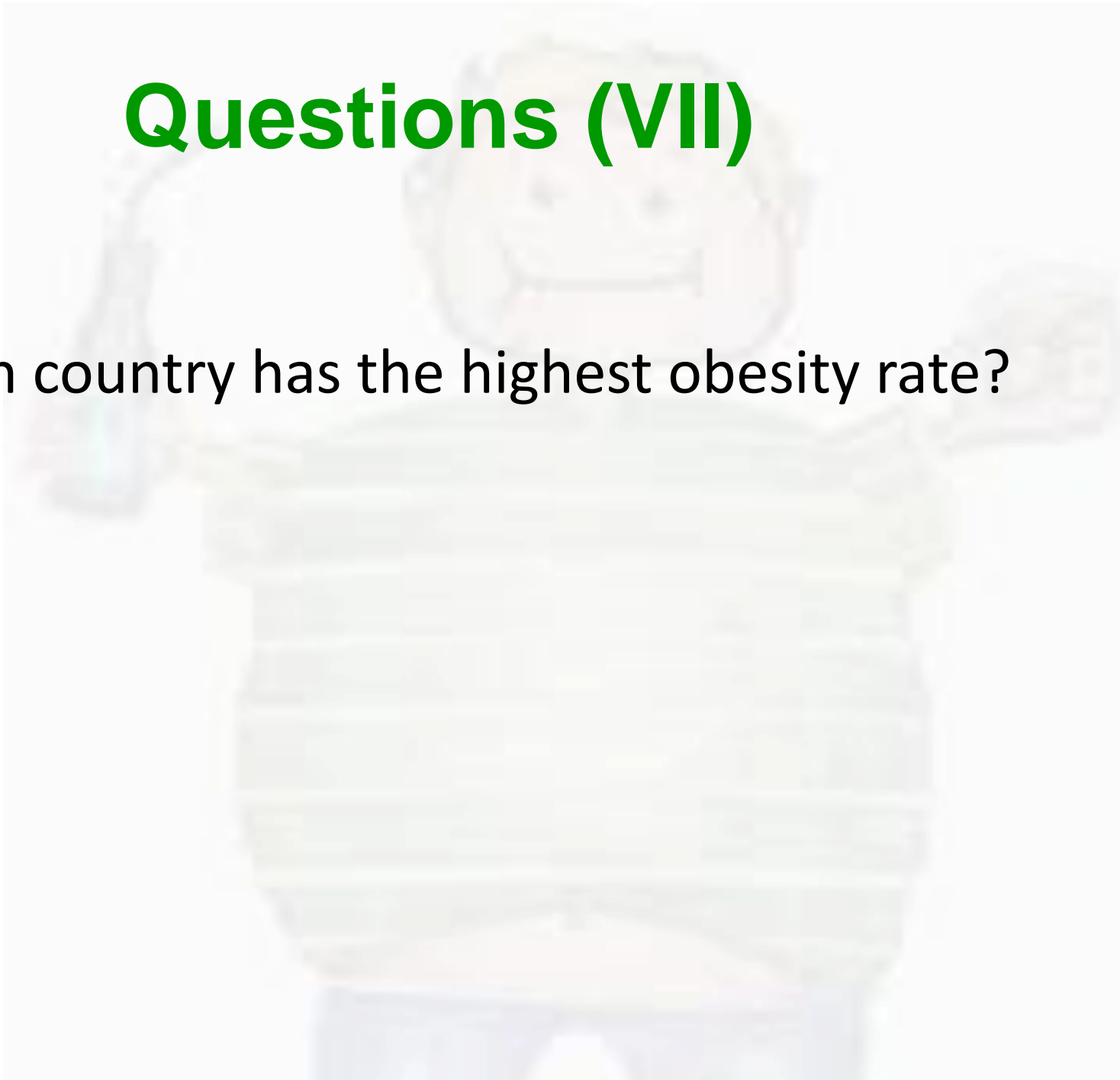
Questions (VI)

- In the central, eastern, and southern regions of Europe, prevalence rates are higher than in the western or northern regions?

Yes or no

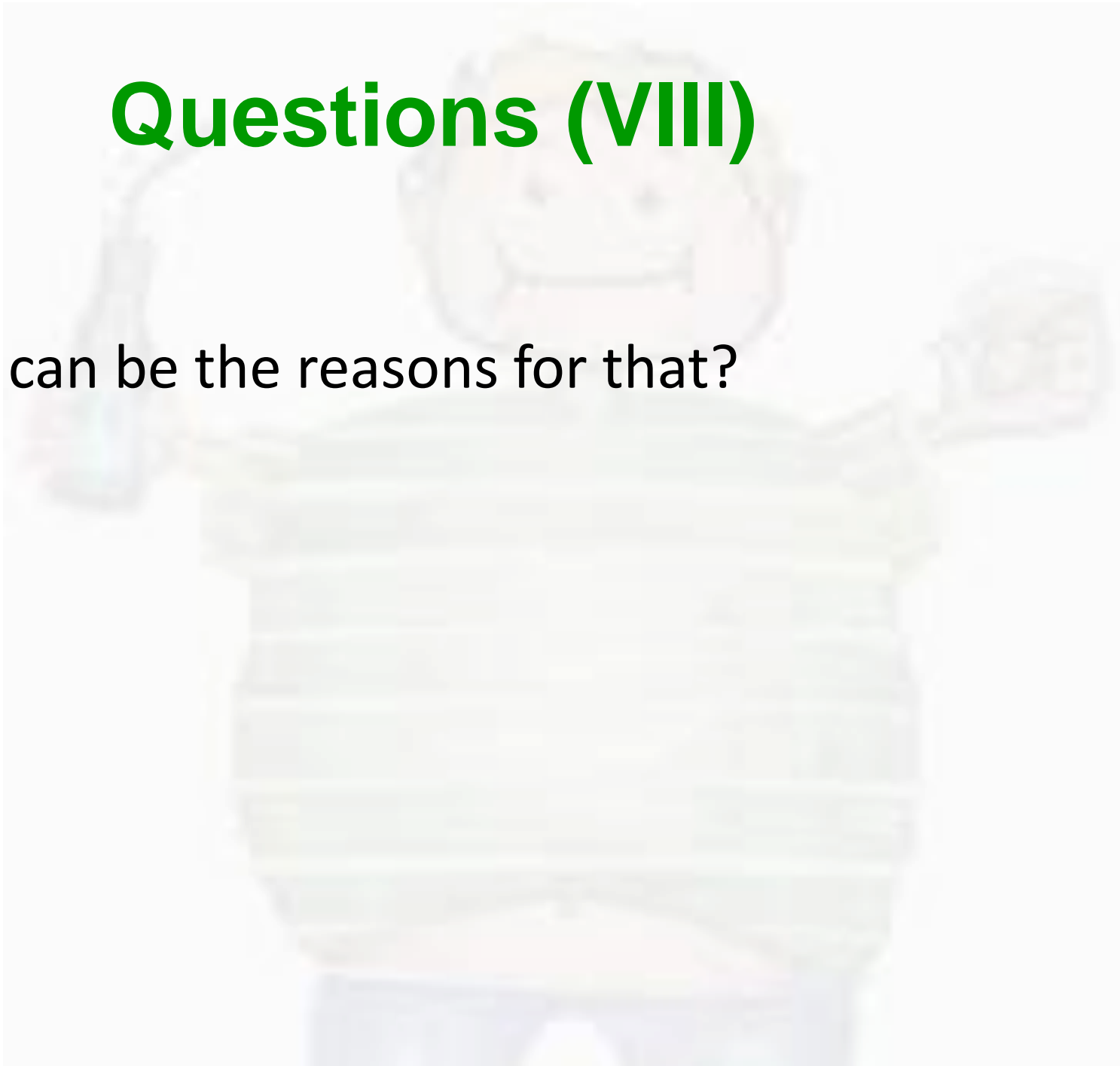
Questions (VII)

- Which country has the highest obesity rate?



Questions (VIII)

- What can be the reasons for that?



Questions (IX)

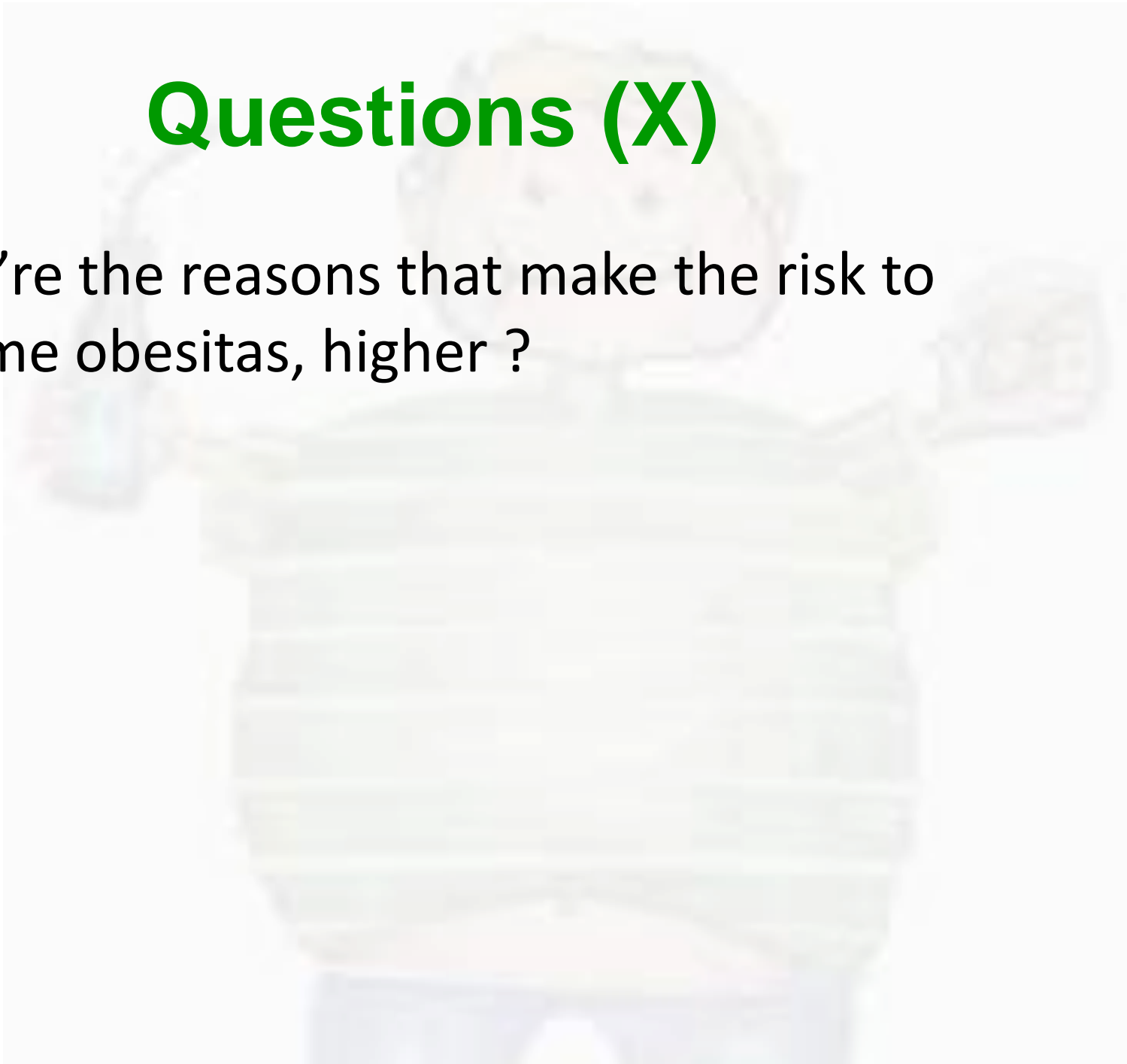
- What do you think, is there a relationship between obesity and BMI?

A- In some case is possible to have a high BMI, without being obesity

B- High BMI is every time associated with obesity.

Questions (X)

- What're the reasons that make the risk to become obesitas, higher ?



Conclusion

Questões?

Vragen?

Ota'zla?

Questions?

Kerdeseek?

Sorular



Sporgsmeal?

Küsimusi?