

Etiology and Pathophysiology

- Causes of obesity include:
- Genetics, gender (more in female), depression; lower socioeconomic classes; alcohol; smoking and medications.
- Lack of physical activity; technologies including transportation, and entertainment (video games, TV, and internet); and highly processed food and fast food, which contains addictive chemicals that is loaded with sugar and saturated fats are the main risk factors in Saudi



Co-morbidities and Complications

- Obesity increase the risk on range of condition involving every system in the body including:
- Cardiovascular, Respiratory, Gastrointestinal, Genitourinary, Endocrine, Musculoskeletal, Neurology, and Psychiatry.



Introduction

- Overweight may come from muscle, bone, fat, and/or body water. Obesity is considered when the overweight is due to fat.
- Obesity in adult is based on Body Mass Index (BMI).
- In children, it's based on the Centers for Disease Control and Prevention (CDC), which is BMI-for-age growth charts.



Prevalence

- Saudi Arabia is considered one of the most developed countries in regards to obesity as 28.8% of adults female are overweight and 23.6% are obese, while 30.7% of adults male are overweight and 14.2% are obese.
- In adolescents (aged between 13-18) 26.6% are overweight, 10.6% are obese, while 2.4% are extremely obese.
- In children (aged between 5-12) 19.6% are overweight, 7.9% are obese, while 1.5% are extremely obese.

Approach to Obesity





Management

Before treatment, goals must be set, including

- Reduction of body weight;
- Prevention of further weight gain
- Improvement of physical, mental and social well-being.

Treatment

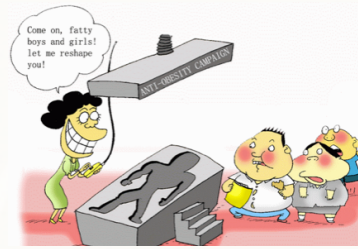
In children:

- Behavioral changes.
- Involve the parents.
- Aim to change the whole family style.

In obese children, weight maintenance is an acceptable treatment goal.

In adult:

- Weight loss target should be based on the individual co-morbidities and risk rather than weight alone.
- Physical activity play a major part in treatment of obesity.
- Orlistat is currently the only anti-obesity drug approved by FDA..
- surgical intervention can be done in very specific cases.



Prevention

In Children

- Start by preventing weight gain, not losing weight.
- fasting is one of the ways in preventing weight gain.
- It's normal in children to gain weight every year as long as they don't exceed their normal expected weight.

Screening Test:

- BMI is measured by weight in kgs/height in m².
- BMI in children is age and gender-specific, and obesity is defined as BMI \geq 95th percentile.

In Adult

- Its not as effective as it is in children.
- BMI function as both screening and diagnostic method.
- selecting low-energy dense food, increase water intake, regular exercise, and self weighting are method in how to approach healthy life



**“OBESITY IS A DYING
“WEIGH” OF LIFE”**