

Documents

Woodman, A., Jaoua, N., Balayan, H.

The rising increase in obesity and its impact on the youth of the United Arab Emirates

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Abstract

Obesity, one of leading preventable causes of death worldwide, has seen an increase in those mortality numbers in adults and children. Authorities consider it to be one of the most public health issues of the 21st century. Obesity carries with it a stigma which is more prevalence in modern society; particularly in the western world. In contrast, during different times in history, obesity was widely viewed as a symbol of wealth and fertility. Today, in some parts of the world, it is still considered a sign of wealth and a positive reproductive symbol. Despite this evidence, in 2013, the American Medical Association classified obesity as a disease. Obesity is a medical condition, in which excess body fat accumulates and may often have an adverse effect on the health of an individual. People are considered obese when their body mass index (BMI), a measurement calculated by BMI exceeds 30 (Kg/m²), where BMI is the ratio of the weight (in kilograms) to the square of the height (in meters). Obesity often leads to a reduced life expectancy and increased health problems. Before the 20th century, obesity was rare, however, in 1997; the World Health Organization (WHO) formally recognized obesity as a global epidemic. WHO predicted that by 2015, there could be over 2.3 billion overweight and almost 700 million obese individuals. Furthermore, the World Health Organization (WHO) also predicted that obesity could soon replace the more traditional public health concerns. While the concern for malnutrition and infectious diseases continues to exist, obesity could become the most significant cause of poor health in the global world. © 2018, Yerevan State Medical University. All rights reserved.

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