New Insights in Obesity: Genetics and Beyond

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Dietary and Lifestyles assessment among Obese Women in Gaza City, Palestine

Background: The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended.

Aim: To clarify and figure out food habits and different lifestyle pattern among a sample of Palestinian women attending the nutrition center in the Gaza Strip.

Methods: A cross-sectional study involved 116 women were randomly chosen by purposive census sampling. They aged 25 to 60 years with a diagnosis of obesity. The data collected by interview questionnaire that included social factors, lifestyle habits, and health/disease history.

Results: Age group variable has distributed significantly (p=0.024), (31.0%) of morbid obese were ?35 years group compared to (13.5%) of morbid obese amongst the younger group. The higher intakes of legumes (OR: 2.134, P=0.003), nuts (OR: 3.917, P=0.019), eggs (OR: 6.840, P=0.009), fast foods (OR: 4.461, P=0.005), and soda drinks (OR: 2.230, P=0.004) were the risk factors linked to the increased risk of morbid obesity. Moreover, the higher intakes of legumes (OR: 8.439, P=0.011), eggs (OR: 6.900, P=0.041), chips (OR: 5.049, P=0.012), sugar (OR: 2.068, P=0.011), and fast foods (OR: 3.029, P=0.025) are risk factors of chronic diseases.

Conclusion: The study identified several lifestyle factors and improper dietary habits associated with obesity among women in Gaza city. There is a great need to change these habits to avoid the increased risk of obesity. Gene-environment interaction can explain the high incidence of obesity. A national plan of action to overcome obesity is urgently needed to reduce its economic and health burden

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Review Article **Published Date:- 2018-11-30**

Herbal approach for obesity management

Heftiness, a mind boggling interchange among ecological and hereditary factors and is related with critical horribleness and mortality. Utilization of herbs for the administration of heftiness in the ongoing occasions is pulling in consideration. A web and manual based writing overview was led to survey the measure of data accessible on the natural items for weight administration. Customary writing, PubMed, Scopus, Google researcher databases were screened up to February 2012. The pursuit words were “stoutness”, “home grown medication/items/separates”, “restorative plants”, “customary drug”, “Ayurvedic prescription” without narrowing/constraining looking words or components. Distributions just with edited compositions/full articles and books were inspected in the pursuit. In light of the accessible writing, for huge numbers of the natural and weight reduction items, there is minimal distributed data and there have been no clinical preliminaries or the level of proof is restricted. Our writing study additionally demonstrated that these home grown items fall under an adequate level of proof or with no scientific foundation by any stretch of the imagination, or they have a logical discerning however not to an acknowledgment level. Endeavors were made in the audit to characterize the highlights of conceivable natural weight reduction item. A perfect home grown enemy of stoutness item ought to diminish the weight by 10% over fake treatment of treatment by demonstrating a proof of change of bio markers like blood pres-beyond any doubt, lipids and glycemia with no reactions.

Research Article **Published Date:- 2018-01-26**

Body mass index in a group of security forces (policemen). Cross-sectional study

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Introduction: Most police officers work long hours in day and night shifts and this exposure can harm your health.

Objective: Know the Body Mass Index (BMI) of a group of policemen of both sexes chosen at random to calculate the degree of overweight / obesity of the observed population.

Material and Method: An cross-sectional study was carried out on 75 elements of the municipal police of sexes, obtaining age, height, and weight with which the corresponding Body Mass Index was obtained. Descriptive statistics were used.

Results: Measurements were taken at 75 (100%) policemen of both of them sexes, 60 (80%) male and 15 (20%) female. And the following results were obtained: ideal weight 5 (6.6%), overweight 21 (28.0%) elements and obesity 49 (65.3%).

Discussion: Obese workers are prone to getting sick, missing work, disability and early retirement when compared to non-obese workers. Obesity can be a predictor of early mortality; therefore, with a BMI of 30-35, life expectancy decreases from 2 to 4 years and with a BMI of 40-45 it decreases from 8 to 10 years. In our study we found 70 (93.3%) policemen were overweight and obese BMI> 25).

Conclusions: Our findings recommend the implementation of diverse programs for the improvement of the health of this labor group with a multidisciplinary team as well as the adequate physical spaces for the practice of the corresponding activities.