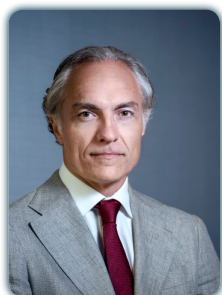


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&
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Obesity and weight management

According to WHO, obesity is defined as an abnormal or excessive fat accumulation that presents a risk to health. It is measured based on the BMI ($BMI (kg/m^2) = Weight (kg) \div Height (m^2)$). Based on the BMI value people are classified as underweight (<18.5), Normal (18.5-24.9), overweight (25-29.9), obesity (30-39.9) and morbid obesity (40+). The study shows that the main causes of obesity was peoples energy intake was high compared to expenditure which leads to increasing obesity levels. Worldwide obesity has more than tripled since 1975. In 2016, more than 1.9 billion (39%) adults (≥ 18 years) were overweight (39% of men and 40% of women). Of these over 650 million (13%) were obese (11% of men and 15% of women). Most of the world's population lives in countries where overweight and obesity kills more people than underweight. 41 million children under the age of 5 were overweight or obese in 2016. In order to reduce the rate of morbid obesity, bariatric surgery is the only effective treatment with long-lasting results. Bariatric surgery leads to a reduction in mortality rates after 5Y, which translates to a decrease in the relative risk of death by 89%. It is also know that obesity is a major risk factor for developing T2DM, with 86% of T2DM patients being either overweight or obese in the UK from this study. Thus, significantly higher diabetes remission rates were reported for gastric bypass ($p < 0.001$) and biliopancreatic diversion ($p < 0.001$) compared to medical therapy.

Biography

Bart A Van Wagensveld has completed his MD in 1995 and PhD in 1998 from the University of Amsterdam, the Netherlands. He was a General Surgeon at the Academic Medical Center in Amsterdam, the Netherlands and specialized in Gastro-Intestinal and Laparoscopic surgery.

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Karla El Barmaki is a clinical dietitian who holds a Bachelor's degree in Earth and Life Sciences (2007), a Bachelor's degree in Nutrition and Dietetics (2009) and a Master's degree in Sports Nutrition and Physiology (2013) from Saint Joseph University in Beirut, Lebanon. She completed an internship at a reputable hospital in Beirut, where she provided patients with individualized nutritional care tailored to their medical needs.

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