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## Nutrition and Lifestyle Strategies for Weight Management in Saudi Women-2016

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**Background and Objectives:** For the past three decades the prevalence of overweight and obesity has increased dramatically worldwide, and becomes a global epidemic with more than one in five people qualifying as obese, at the same time, there has been a rising trend of obesity in the kingdom of Saudi Arabia which places it among the highest nations. The kingdom experienced a shifting from its cultural food to fatty-sugary-westernized food during the past few decades which has contributed to obesity among all generations.

The obesity exposes the individuals at higher risks of many non-communicable diseases, including diabetes type 2, cardiovascular disease, stroke, hypertension and some types of cancers.

**Method:** Saudi Diabetes and Endocrine Association has conducted this study to measure obesity rate among Saudi women, and developed a six month lifestyle, nutrition and physical activity program for weight management.

The participants were assessed nutritionally, anthropometrically and medically prior, during and at the end of the program, targeting 10% weight loss goal to the end of the program.

**Results:** 160 women with age between 20-40 years were enrolled in the program and assessed, and the overall prevalence of overweight and obesity was as follow, noting that 85% of the participants have achieved their set goals.

- Normal weight 29% (BMI 19-24.9)
- Overweight 34% (BMI 25-29.9)
- Obesity 47% (BMI above 30)

**Conclusion:** The study has shown high prevalence of overweight and obesity among younger group of Saudi women due to excessive caloric intake and lack of physical activity, noting that the majority of Saudi population is less than 30 years old at present time and accordingly, it's expected that the magnitude of obesity will be bigger in near future which mandates establishing of age specific obesity awareness programs for Saudi population and implementing preventative strategies to combat it.

### Biography:

Dr. Basem Mohammed Futa is Head of 'Nutrition and Health Education Committee of Saudi Diabetes and Endocrine Association, Kingdom of Saudi Arabia (KSA). He completed his PhD in Nutrition, UK. He is a Blood Donation Ambassador' from the Saudi Society for Promoting Organ Donation and a Professional Member in many national, regional and international healthcare associations, such as Saudi Diabetes and Endocrine Association, Saudi Cancer Foundation, Saudi Kidney Foundation