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CD. NO. 048/25

Date :02/10/2024

OBESITY AND HEALTHY LIFESTYLE AWARENESS

Dear Parent,

Kindly go through the Educational material set by Emirates Health Services for improving and understanding the cause of obesity and learning about the ways to combat it for current and future generations.

Thanking you,  
Yours sincerely,

Dr. S. J. JACOB  
(PRINCIPAL)

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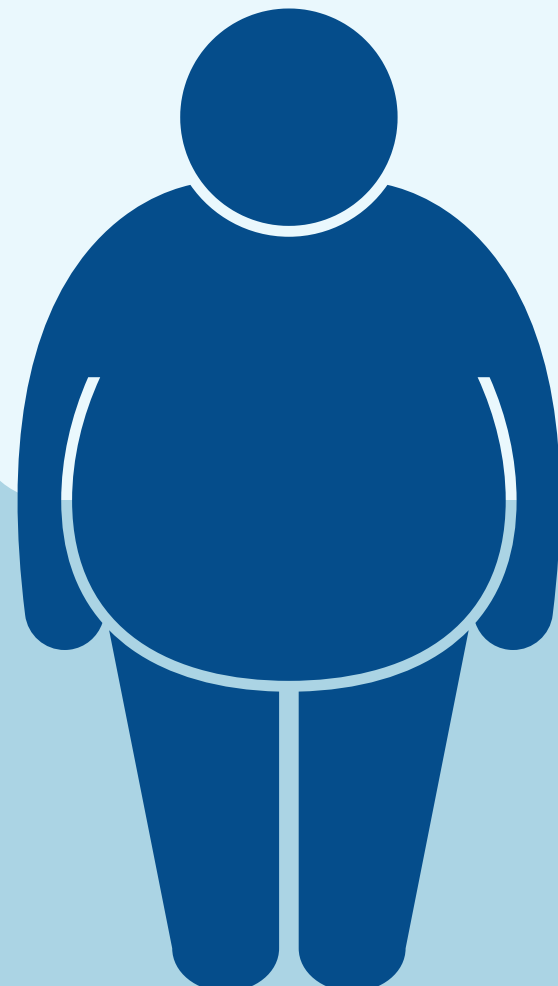


<https://www.youtube.com/channel/UCry3yL5bxIALySajfmrA3g>

# Overweight and Obesity

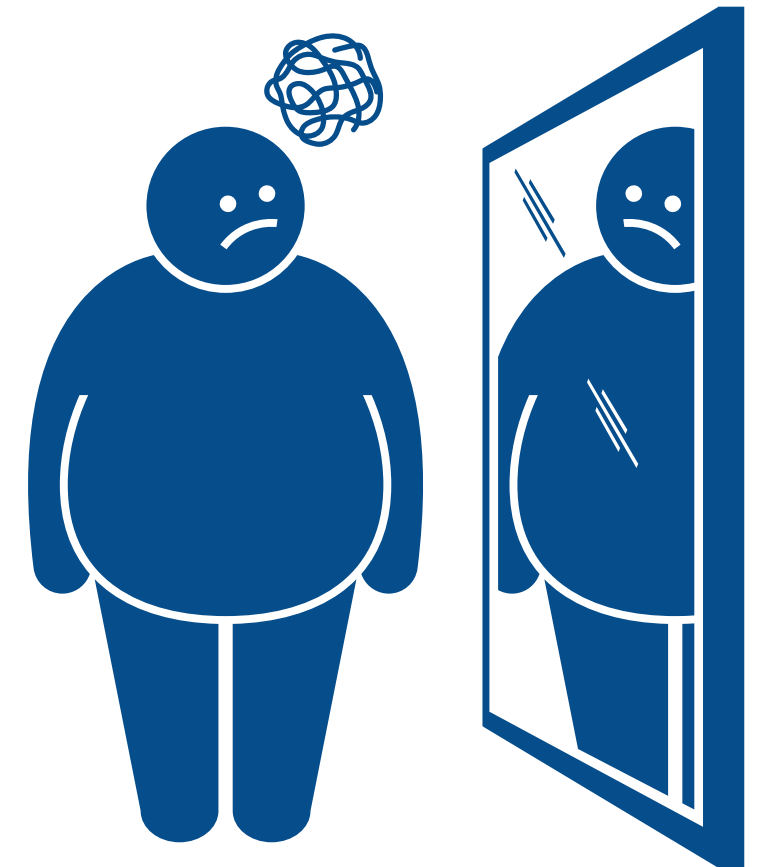
Public Health Services Department - Health Education and Promotion Section

2nd Edition - May 2023



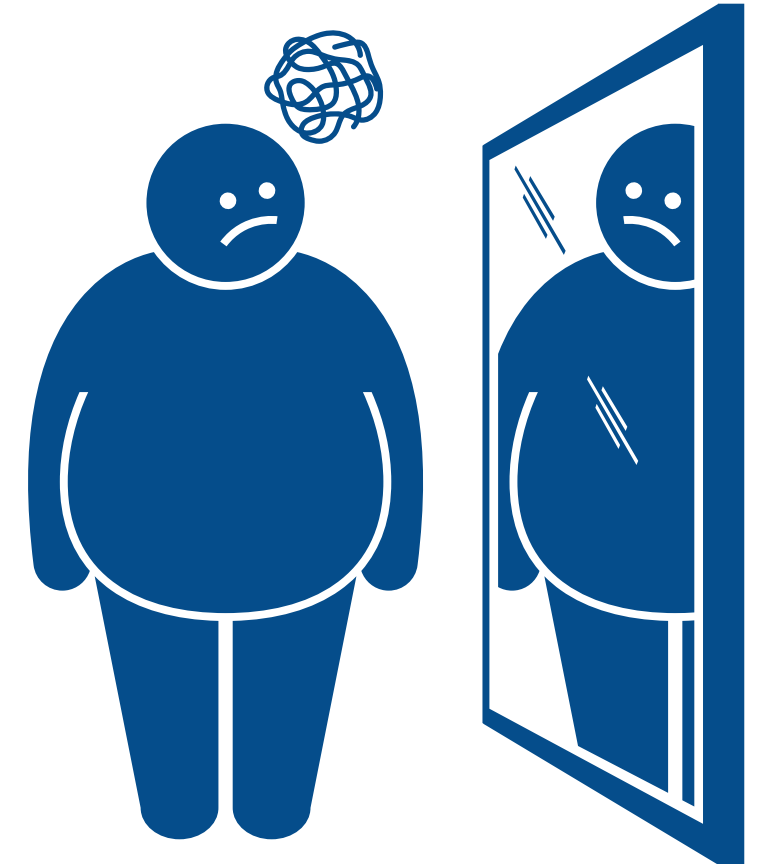
# Definition of Overweight and Obesity

- Overweight and obesity is defined as abnormal or excessive accumulation of fat due to an imbalance between the energy intake from food and the energy expended in the body.



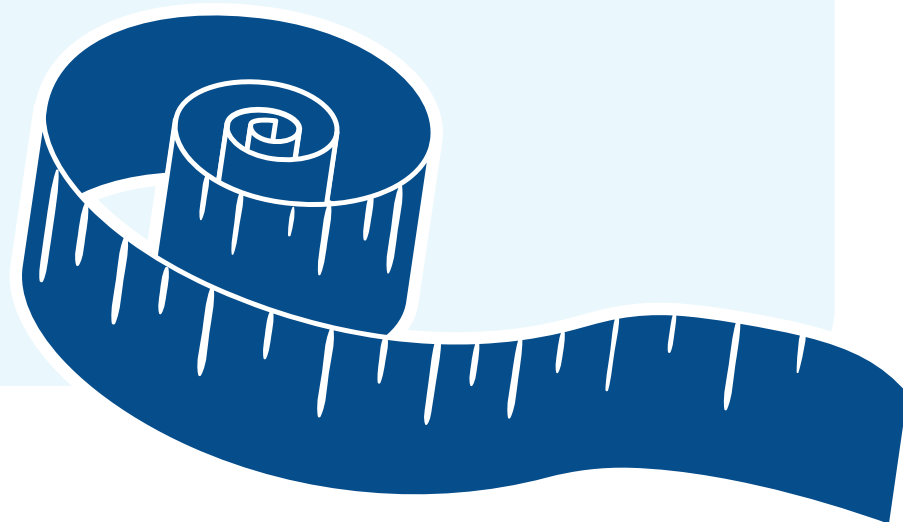
# Definition of Overweight and Obesity

- Obesity is accompanied by many complications and diseases that pose a threat to an individual's health.



# How is obesity measured?

Waist  
Circumference



Body Mass  
Index (BMI)



# Waist Circumference

- First, the person wraps the measuring tape at a midpoint between the upper end of the femur bone and the lower margin of the last rib.
- For the accurate measurement; measure your waist after breathing out. Make sure you are not holding your breath or trying to suck in your stomach.

# Waist Circumference

Classification	Women Circumference	Men Circumference	Disease Risk
Underweight	Less than 64 cm	Less than 78 cm	
Ideal weight	64-80 cm	78-94 cm	No risk
Overweight	80-88 cm	94-102 cm	Medium risk
Obesity Class 1	More than 88 cm	More than 102 cm	High risk
Obesity Class 2			
Obesity Class 3			

# Body Mass Index (BMI)



- Body mass index (BMI) is a measure of the relationship between weight and height. By calculating it, it will be determined to what extent an individual enjoys an ideal healthy weight. This calculation applies to both men and women.
- This index is defined as a person's weight in kilograms divided by height in square meters ( $\text{kg}/\text{m}^2$ ).



# Body Mass Index (BMI)

It's necessary to take the following into account when calculating BMI:

- Don't use this tool to calculate BMI of pregnant women and children, as this category of individuals is excluded.
- In some cases, it's possible to have high BMI while being at healthy and ideal weight, such as athletes or weightlifters.

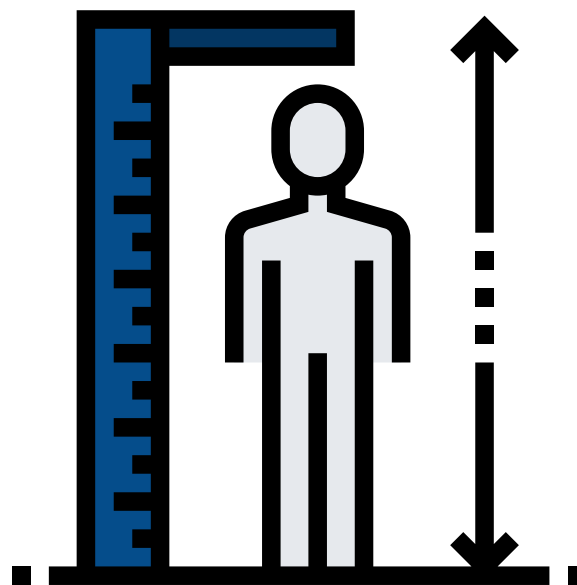
# Body Mass Index (BMI)

It's necessary to take the following into account when calculating BMI:

- BMI isn't related to a healthy diet; a malnourished person may have normal BMI.
- It's important to consult your doctor about weight-related health risks.

# Body Mass Index (BMI)

- Ahmed wants to know his BMI to assess whether he is obese or not.
- He went to a health center, where his weight and height were measured.



Height: 190 cm



Weight: 120 kg



Ahmed (29 years old)

# Body Mass Index (BMI)

Body mass index = weight in kilograms / height (in meters)<sup>2</sup>

Ahmed (29 years old)

Weight: 120 kg

Height: 190 cm

1- Convert height to meters: divide height in centimeters by  
100.

$$190 / 100 = 1.9 \text{ meters}$$

# Body Mass Index (BMI)

Body mass index = weight in kilograms / height (in meters)<sup>2</sup>

Ahmed (29 years old)

Weight: 120 kg

Height: 190 cm

2- Use the body mass index equation.

$$120 / (1.9)^2 = 33.2$$

# Body Mass Index (BMI)

- After Ahmed learned about his BMI and how to calculate it, the dietitian explained to him the classifications to show him under which category he falls and some nutritional instructions.

# Body Mass Index (BMI)

(BMI)	Classification
Less	Underweight
18.4 - 24.9	Normal weight
25 - 29.9	Overweight
30 - 34.9	Obese (Class 1)
35 - 39.9	Obese (Class 2)
40 and above	Extreme obesity

It was found that Ahmed suffers from obesity (1st degree) and this could be due to internal or external factors.

# Causes of obesity

The main cause:

- An energy imbalance between the calories that enters the body and the calories that the body burns is the main cause that may lead to obesity.



# Causes of obesity

External factors:



Lack of sleep and  
sleep disorders



Mental state



Lack of physical  
activity



Excessive food  
intake



Eating high-caloric  
foods

# Causes of obesity

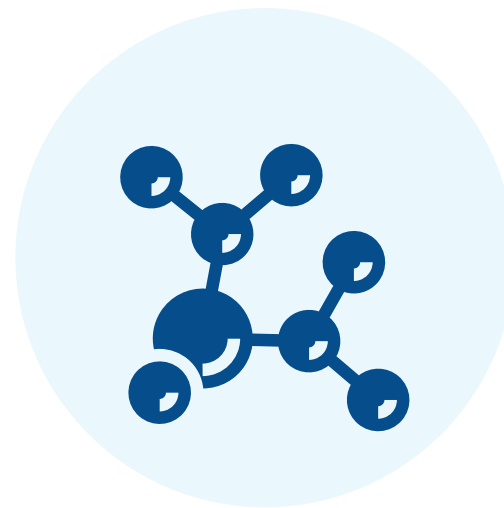
Internal factors:



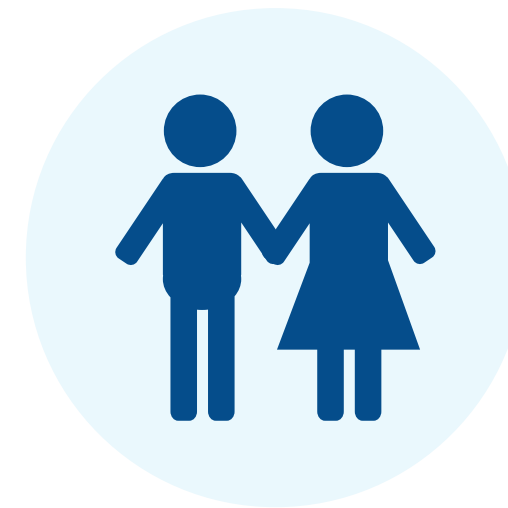
Consumption of  
some medications



Age



Hormonal disorders



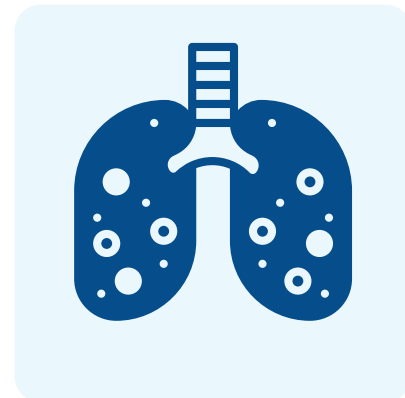
Sex



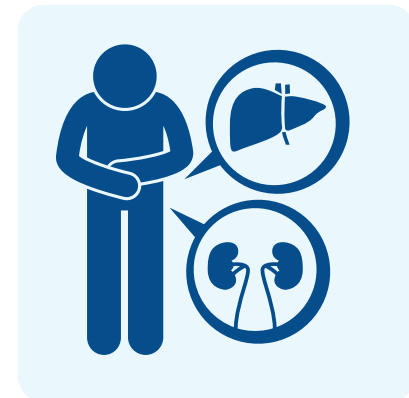
Hereditary factors

# Complications of obesity

The dietitian explained to Ahmed some complications which include:



Respiratory diseases



Liver and pancreas  
diseases



Type 2 diabetes



Hypertension



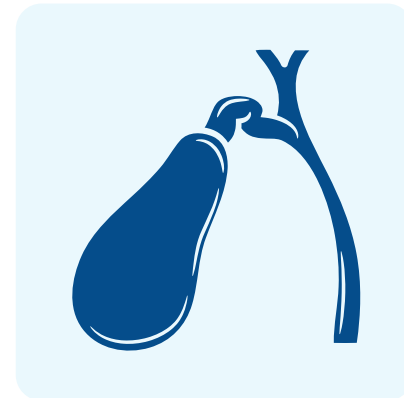
Heart diseases

# Complications of obesity

The dietitian explained to Ahmed some complications which include:



Cancer



Gall bladder  
diseases



Gout



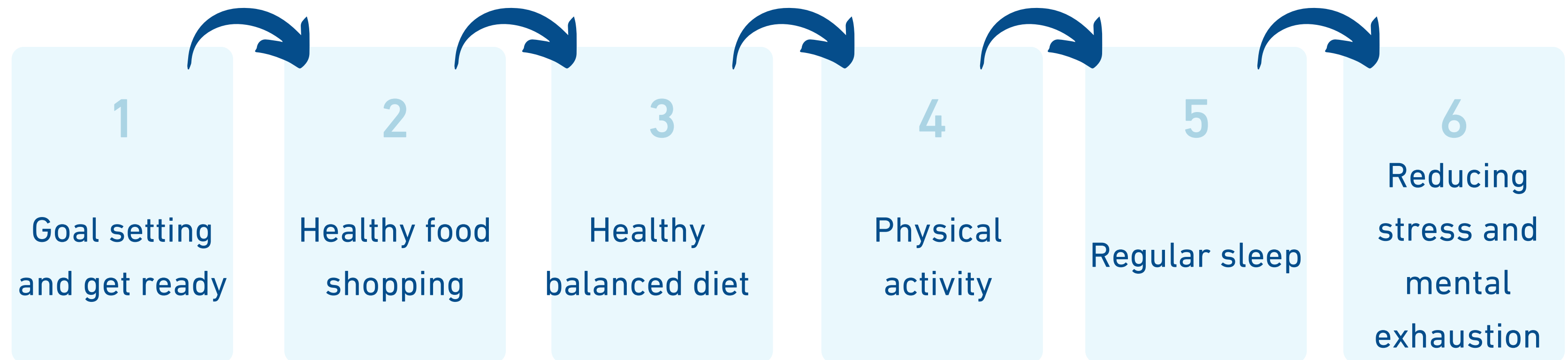
Menstrual  
disorders and  
infertility



Joint Stiffness

# Obesity treatment steps:

Ahmed can avoid complications by following an integrated therapeutic journey explained by the dietitian:



# Obesity treatment steps:

## Healthy food shopping

1. Make sure you aren't hungry when you go shopping



2. Plan ahead and write down your needs list and make sure you don't go overboard



3. Reduce your going to sweets corner and pastry shops



4. Make sure to visit the vegetables and fruits corner, and make it the largest portion of your purchases



# Obesity treatment steps:

## Healthy food shopping

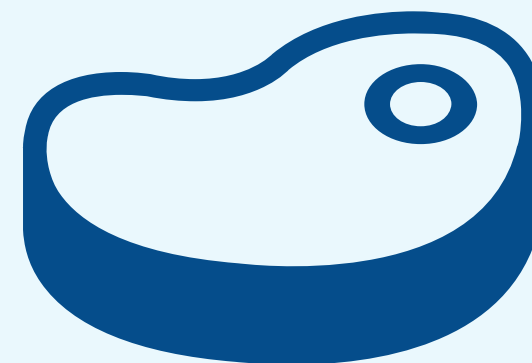
5. Choose a variety of natural spices and stay away from flavor enhancers



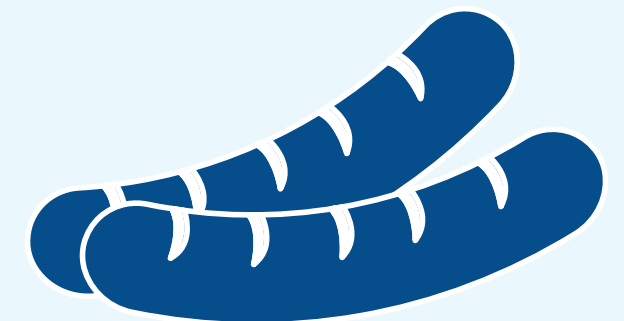
6. Make sure to buy whole grain products



7. Make sure to remove the protruding pieces of fat and chicken skin



8. Stay away from processed meats, such as mortadella and sausage



# Obesity treatment steps:

Read the nutrition facts found on the food label:

- 1- Check the number of servings and the number of calories per serving
- 2- Choose foods with low content of saturated fats, cholesterol, sodium, and sugar
- 3- Choose foods with high content of fibers (at least 5 g), protein, vitamins

Note:

5% is low

20 % is high



# Obesity treatment steps:

## Healthy dietary guidelines

Reduce the sugar  
intake

Increase the intake  
of fibers

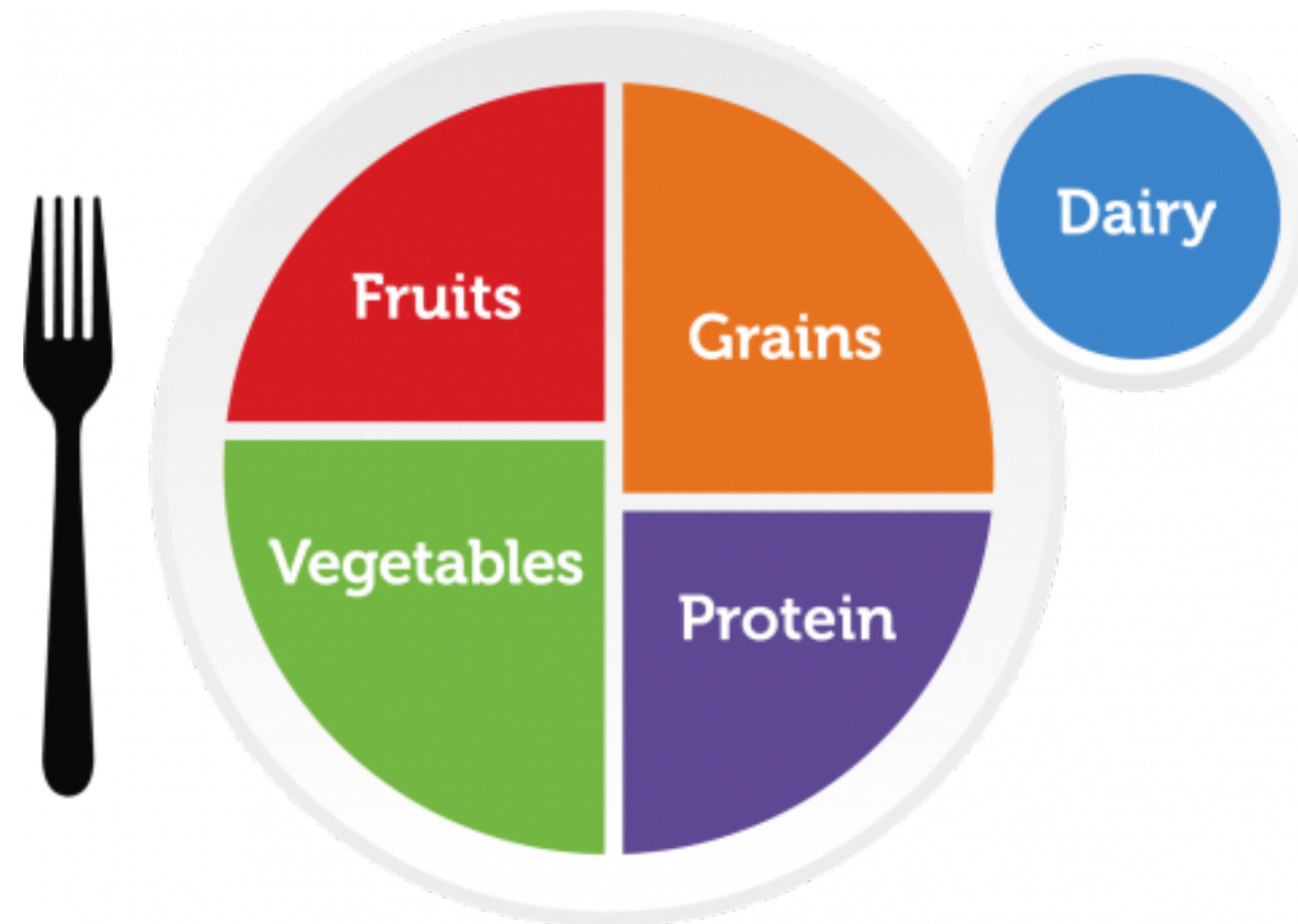
Reduce the intake of  
fats

Increase the intake  
of water

Reduce the intake of  
salt

# Obesity treatment steps:

How do you plan your meal using the healthy plate?



# Obesity treatment steps:

How do you plan your meal using the healthy plate?

Choose low-fat or fat-free dairy products

Make half of your choices whole grains

# Obesity treatment steps:

How do you plan your meal using the healthy plate?

Vary your protein sources

Half of your plate should include fruits and vegetables

Half of your plate should include fruits and vegetables

# Obesity treatment steps:

How do you plan your meal using the healthy plate?

Vary your choice of vegetables

Half of your plate should include fruits and vegetables

Choose foods and drinks with lower content of sugar, fat and salt

# Obesity treatment steps:

## Cooking methods:

Roasting / boiling / baking

Small amount of vegetable oils

Natural seasoning and spices

Low fat products

Natural honey



Frying

Margarine and butter

Spice cubes

Full fat products

Sugar



# Obesity treatment steps:

## Physical activity:

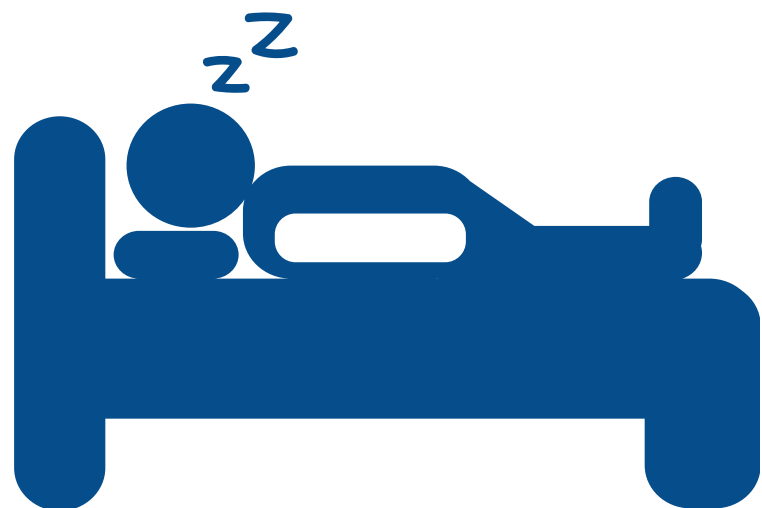
### Adults between 18 – 64 years old:

- Practicing moderate-intensity physical activity for at least 150 – 300 minutes over the week.
- Doing vigorous physical activity for 75 – 150 minutes over the week.
- The appropriate period of time for physical activity: 4 – 5 days throughout the week.

# Obesity treatment steps:

## Regular sleep:

Several studies have shown that there is a relationship between lack of sleep and increased risk of obesity and diabetes.





# Obesity treatment steps:

## Tips to regulate sleep:



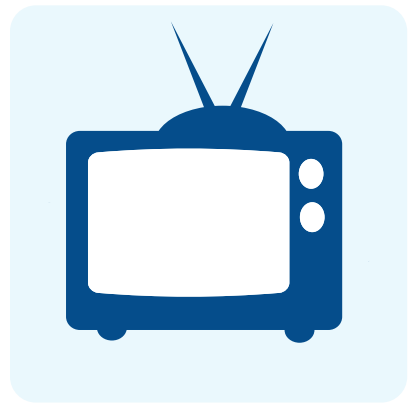
Avoid the intake of stimulants, such as coffee and tea, after 3 pm.  
Avoid fatty foods before sleep.



Create a bedtime routine that you can follow each night. Taking a warm bath, reading a book or listening to calming music are good options.

# Obesity treatment steps:

## Tips to regulate sleep:



Avoid watching TV or working in your bedroom, make the bedroom a space for sleeping only.



Eliminate the sources of light. The blue light from cell phones and laptops can be disruptive to your sleep.

# Obesity treatment steps:

Reduce stress and emotional exhaustion by:



Consuming  
healthy foods



Getting enough  
sleep



Consulting a  
doctor



Spending time  
with family  
and friends



Being physically  
active (yoga)



Meditating and  
breathing  
exercises

# PROTECT YOURSELF