



## The Enormous Challenge of Obesity

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### Editorial

Data from the World Health Organization (WHO) reported that since 1980, obesity has more than doubled worldwide. The latest figures reported in January 2015, which correspond to the year 2014, mentioned that 39% of adults were overweight and 13% obesity. Mexico's National prevalence is among the most high worldwide with 73% of adult population being overweight or obese.

As it is widely known, obesity has several Comorbidities such as Diabetes Mellitus type 2, hypertension, cardiovascular disease, certain types of cancers and many functional alterations as osteoarthritis, apnea of the sleep, etc., as well as profound psychosocial implications: depression, discrimination, stigma, isolation, etc. When we wonder why its prevalence has increased so much and so fast in recent years, we find that there isn't a single answer, it is a complex problem. A first attempt to deal with it is to understand the biological model of human beings, designed to survive, - the so-called "thrifty genotype"-, which provided a maximum metabolic efficiency in times of famine, where nomadic tribes had food shortages and performed hiking." These metabolic conditions of "energy-saving" pose a disadvantage in the abundance of food in westernized societies. Poor populations are even at more risk of obesity and DMT2 in face of these epigenetic changes.

In some countries as Mexico, an important fact that has had a decisive impact in the obesity epidemic is the enormous offer food and drinks of high energy density available at low prices, discouraging the traditional culinary practices which incorporated many of vegetables and fruit to meals. This has been also facilitated by the short time that families have to prepare food. At the same time, the level of activity of the majority of people, including children, sadly has decreased; now introducing time spent in TV, and electronic gadgets.

Obesity stoles years to life and life to years.

Our body is designed to move much more and eat moderately. So at least 30 minutes of exercise a day, every day, and ideally more. Eat at least one or two vegetables or fruit at every meal. Avoid sugar, sugary drinks, including juices. Consume low-fat dairy products. It is not necessary to include meat products as main dish, consume legumes with cereals. Eat with family, enjoy food! Analyze if you eat in response to hunger or internal tensions, and to respect the satiety (stop eating when you begin to feel "full"); many times we "eat stress, anxiety, depression, etc". Contemporary life is very stress and anxiety generating; and well, and eating is always pleasurable! So it's an easy answer. But we can identify the cues that trigger eating behavior and try to deal emotions by recognizing and attending them as such.

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