

Advanced approaches for Endocrinology

Overweight and obesity has proceeded as one of the most regular global issues as it is affecting more than a billion adults worldwide. Both general and abdominal obesity have been shown as risk factors contributing for morbidity and mortality. Major global organizations have focused today on speedy treatment and prevention strategies for this epidemic which has been recognized to pose drastic threat to public health. Obesity results in reduced quality of life. This global health issue is becoming more prevalent among women and in lower social classes or immigrants; while over weight is increasing especially among children.

Despite the incredible attention devoted to health and wellness, over the past 30 years, the percentage of people worldwide considered overweight (BMI \geq 25 to $<$ 30) or obese (BMI \geq 30) increased 28% in adults and 47% in children, according to the 2013 Global Burden of Disease Study. The study reports that in 2013, an estimated 2.1 billion people- nearly 30% of the global population- were overweight or obese. As the numbers suggest, obesity is not just a problem in the developed world. Although obesity rates are lower in developing markets, 62% of the world's 671 million obese individuals live in developing markets and rates are accelerating.

Obesity and weight management includes lifestyle alterations, medications or surgical procedure and the main treatment for obesity consists of dieting and physical exercise. Knowing what your body requirements is very important to weight management and may control over consumption and under consumption of food. It focuses on the long-term results that are completed through gentle weight loss, followed by retaining of an ideal weight for age, sex and height. Diet programs may create weight loss over the short term period, but maintaining this weight loss is frequently difficult and often requires making exercise and a lower calorie diet a stable part of an individual's lifestyle.

Regards

KHOMASSURIDZE