ENVIRONMENTAL FACTORS AND METABOLIC CHANGES IN EGYPTIAN ADULT OBESE FEMALES

By

Mohamed Hafez Mohamed Hathout
M.B., B.Ch., D.P.H.

THESIS

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SUPERVISORS

Prof. Dr. ALY MASSOUD
Professor & Vice Dean of Faculty of Medicine, Ain Shams University

Prof. Dr. FAWZY GADALLA
Professor of Community Medicine, Al-Azhar University

Prof. Dr. AHMAD DAKROURY
PROFESSOR & Chairman Department of Nutritional Biochemistry and Metabolism, Nutrition Institute, Cairo.

Ain Shams University

1 9 8 4

Approval Sheet

Name : MOHAMED HAFEZ MOHAMED HATHOUT

Title : ENVIRONMENTAL FACTORS AND METABOLIC CHANGES IN EGYPTIAN ADULT OBESE FEMALES.

This Thesis for Ph. D. degree has been approved by:

Prof. Dr. ALY MASSOUD

Porf. Dr. RIFKI FARIS

Prof. Dr. OSMAN GALAL

Committe in Charge

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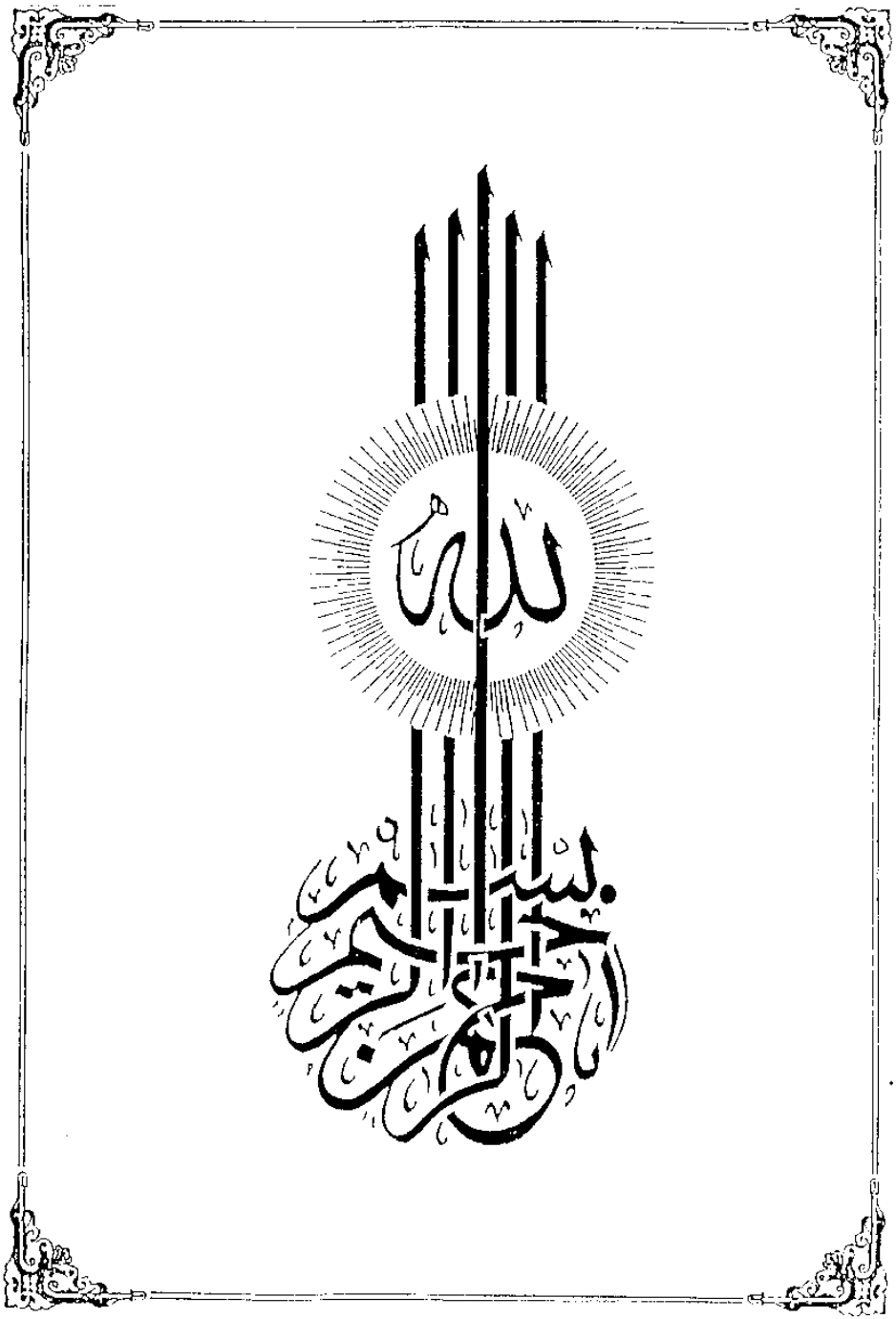

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Introduction

Prior to the twentieth century, obesity was valued as a mark of affluence, beuty and health. Overeating and consequent overweight is now often regarded as a behaviour maladjustment. Insurance companies contend that overweight clients are higher risk because obesity is directly or indirectly associated with a wide variety of diseases that collectively account for 15-20% of the mortality rate (Powers, 1980).

Obesity is one of the most common nutritional disorders in present-days especially in developed (Davidson and Passmore 1969) and fast developing countries (Richards et al. 1974).

In developed countries approximately 35% of adult population are obese and there are indications that the prevalence is increasing (Powers, 1980). The 1959 "Build and Blood pressure study" which describes weights of 5 million people found that men in the United States weigh 1 - 5 pounds more than previously recorded studies while women weigh 2 - 6 pounds less. In Britain Jelliffe and Jelliffe in 1975 found young and middle-aged men 15 pounds heavier than 30 years preceding the study with only slight increases in height.

Review of Literature

Definition of Obesity

Obesity can be defined as an excessive accumulation of fat in the storage areas of the body (Davidson and Passmore, 1969).

Goodhart and Shills (1973) define obesity as a pathological condition characterized by an accumulation of fat much in excess of that necessary for optimal body function.

Hirsch and Knith (1970) define it as an excessive accumulation of triglyceride fat in the adipose organ.

McLaren (1972) defines obesity as adiposity in excess of that consistent with health.

Mann (1976) states that obesity has been defined as 20% in excess of desirable body weight.

Montegriffo (1968) defines overweight as a weight greater than the mid point of the weight range given in the tables for the largest frame.

So we can define obesity as an undesirable condition characterized by excessive accumulation of triglyceride fat in certain areas of the body which may lead to or aggravate diseases.

Epidemiology

The distribution of obesity is described in terms of the personal characterestic of those affected, for example their sex, age, residence, marital status, family structure, occupation, socio-economic status..... etc (Barker, 1973).

Geography :

Obesity is one of the most common nutritional disorders. Its presentation is world-wide. It prevails more in developed than in developing countries (Christakis, 1973 and Richards et al., 1974). One-third of the population is estimated to be overweight with an associated decrease in life expectancy (Powers, 1980).

Moore (1962) found in a study carried in New York city that 57.6% of men and 42.1% of women were obese (15% > ideal weight).

Silverstone (1969) found in a study carried in London in 1969 on 329 persons that 37% of men and 49%of women were obese on the criterion that obesity is 20% > ideal weight.

In Lagos, Nigeria Johnson found in 1970 that 8.3% of men and 35.7% of women were obese (15% > ideal weight).