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Obesity pandemic: An Iranian perspective (Review)

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Abstract_ [View references \(64\)](#)

The prevalence of overweight and obesity in most developed and developing countries have been increasing markedly over the past two decades. This increase includes all ages, genders, racial and ethnic groups, income, and educational levels. A variety of genetic, environmental, physiological, psychological and sociocultural factors influence the development of obesity. Iran like many other developing countries is now experiencing the global epidemic of obesity and its consequences. Recent epidemiological studies have revealed that the prevalence of obesity, overweight, and metabolic syndrome in Iran is equal to or higher than Europe and the United States and it is the primary cause of the rising prevalence of type 2 diabetes and the important comorbid states such as hypertension, cardiovascular, renal, and gastrointestinal diseases along with increasing the burden of cancers. This is also in line with the present etiologies of death in Iran with cardiovascular disease and cancer accounting for nearly 60% of causes of nontraumatic death. The prevalence of obesity in Iran has reached epidemic proportions and is specifically affecting women and

younger age groups also. The increased consumption of calorie-dense regular and fast foods and sucrose-enriched drinks, together with an increasingly sedentary lifestyle, appear to be major factors contributing to this epidemic. The per capita consumption of carbonated beverages in Iran is 42 liters per year and 40% of Iranians consume more food than they need, and the average Iranian consumes 40% more carbohydrate and 30% more fat than needed. To deal with this epidemic, prevention should receive high priority and social measures such as taxing fast foods, subsidizing fresh food and vegetables, and spending more public money on projects to promote physical activity are necessary. There is also emerging evidence that treating obese subjects, particularly those with metabolic syndrome or type 2 diabetes, has short-term effects on the prevention of diabetes; improves glucose, lipid, and blood pressure parameters; and is likely to have beneficial effects on long-term health outcomes.

SciVal Topic Prominence

Topic: Carcinoma, Hepatocellular | Neoplasm Metastasis | liver metastasis
Prominence percentile: 28.976

Author keywords

BMI Diabetes Iran Metabolic syndrome NAFLD Obesity

Indexed keywords

EMTREE drug terms: betainemetforminprobucolsibutraminetetrahydrolipstatintroglitazoneursodeoxycholic acid

EMTREE medical terms: alcoholic pancreatitisatherosclerosisbariatric surgeryblood glucose monitoringblood pressure monitoringbudgetcancer riskcarbohydrate intakecarbonated beveragecardiovascular diseasecause of deathclinical trialcomorbiditydeveloping countrydisease associationdisease classificationdyslipidemiaeating habitethnic differenceexercisefinancial managementfood intakegallbladder diseasegastroesophageal refluxgastrointestinal diseasegastroplastygouthealth care policyhealth promotionhumanhyperglycemiahyperinsulinemiahypertensionhypertriglyceridemiahyperuricemiaIranliverdiseaselifestylelipid blood levellong term caremetabolic syndrome Xmortalitynon insulin dependent diabetes mellitusnonalcoholic fatty livernutritional valueobesityobesity hypoventilation syndromeosteoarthritisoutcomes researchphysical activityprevalencereviewrisk assessmentsleep apnea syndromesocial aspectstomach bypassstax

Chemicals and CAS Registry Numbers:

betaine, 107-43-7, 590-46-5; metformin, 1115-70-4, 657-24-9; probucol, 23288-49-5; sibutramine, 106650-56-0; tetrahydrolipstatin, 96829-58-2; troglitazone, 97322-87-7; ursodeoxycholic acid, 128-13-2, 2898-95-5

Drug tradename:

- orlistat
- **ISSN:** 10292977
- **CODEN:** AIMRD
- **Source Type:** Journal
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- **Document Type:** Review
- References (64)
- [View in search results format](#)

All

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