

Support the Research in the Field of Obesity, Eating Disorders and Weight Management

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Editorial

According to World Health Organization, in 2014, more than 1.9 billion adults (18 years and older) were overweight, and of these over 600 million were obese [1]. Additionally, about 13% of the world's adult population (11% of men and 15% of women) were obese and 39% of adults aged 18 years and over (38% of men and 40% of women) were overweight [1]. In developing countries with emerging economies the rate of increase of childhood overweight and obesity has been more than 30% higher than that of developed countries [1]. Furthermore, obesity is associated with cardiovascular diseases, bone metabolic diseases, endocrinological illnesses, metabolic syndrome, sleep breathing abnormalities, and several disorders affecting multiple organs and systems, and is related with specific psychiatric and reproductive conditions [1-6]. Also increases the risk [3] and worsens the prognosis of many cancers. This scenario poses significant challenges in developing new strategies and health policies that require multidimensional solutions for this complex public health problem. Moreover, several authors showed that empowerment of patients is associated with a decrease of Hg1Ac and LDL cholesterol levels, and arterial pressure and improved the self-efficacy, communication with physician, psychosocial functioning, quality of life, and bodily pain management and is linked with a lower risk of diabetic retinopathy, nephropathy, and neuropathy [7-9]. These evidence suggest that multidimensional strategies based on Patient Empowerment Programme could be applied to nutritional disorders [10] for better participation of patients, their families and people within their social networks and stimulate their responsibility (individual, family and social) for living with a healthy lifestyle, especially in low- and middle income countries, particularly in urban settings. As result of the magnitude of this public health problem, intensive research is underway for better understand the mechanisms by which obesity interferes with biological, psychological and social processes and calls for a concerted effort against improve the Primary Health Care Services such as global priority. By other hand, because the recent worldwide pandemic of overweight and obesity has been associated with

an alarming number of non-communicable chronic diseases, there is great and special interest to increase and support the research in the field of obesity, eating disorders and weight management. For these reasons, weight management requires multidimensional strategies for its controlling.

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