

## **OBESITY AND METABOLIC SYNDROME**

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8.30 am to 10.00 am

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### **Obesity: Sri Lanka and the Global Epidemiology**

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Obesity or excess accumulation of fat in the body is an established risk factor for many metabolic, vascular and mechanical complications and cancers. The World Health Organisation (WHO) estimates that 1.9 billion adults worldwide being overweight or obese and that obesity nearly tripled since 1975. According to the WHO cuoff values for Asians, 25.2%, 9.2% and 26.2%, Sri Lankan adults were in the overweight, obese and centrally obese categories respectively in 2006. Female sex, urban living, higher education, higher income and being in the middle age were being the significant risk factors. Recent studies have shown a dramatic increase with over 50% of urban adults being overweight or obese.