

Pojav debelosti in gibalna/športna dejavnost: študija primera

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Povzetek

Raziskovalno vprašanje (RV): Libanon predstavlja del sredozemskih držav, ki sledi sredozemskemu vzorcu prehranjevanja. Sredozemska prehrana je znana kot zdrava z blagodejnim učinkom na zdravljenje srčno-žilnih bolezni ter učinkovita pri hujšanju. Vendar pa se v Libanonu vseeno pojav debelosti povečuje, kar prepisujemo izbiri različnih vrst prehrane od tipične mediteranske do hitre prehrane. Zanimalo nas je kakšno je stanje glede pojava debelosti v Libanonu in v kolikšni meri imajo gibalno/športno dejavni ljudje boljšo telesno obliko, zdravstveno stanje in težav z debelostjo?

Namen: Namen je ugotoviti stanje glede pojava debelosti v Libanonu in ugotoviti v kolikšni meri imajo gibalno/športno dejavni ljudje boljšo telesno obliko, zdravstveno stanje in težav z debelostjo. **Metoda:** Raziskavo je vodilo osem registriranih dietetikov, novembra 2016 je bila izvedena pilotna študija (n = 50), da bi preverili zanesljivost in veljavnost vprašalnika. Nato je bila opravljena raziskava na vzorcu 514 Libanoncev. Vprašalnik je vseboval 125 spremenljivk in je sestavljen iz demografskih informacij, prehranskih in antropometričnih informacij, življenjskega sloga, zdravstvenih informacij in družinske zgodovine. Izveden je bil hi-kvadrat test.

Rezultati: Ugotovljena je bila pomembna razlika pri gibalni/športni dejavnosti v notranjih prostorih in tveganjem za visok krvni tlak, bolečine v križu in migreno/glavobol. Kar se tiče gibalne/športne dejavnosti na prostem, je bila razlika pomembna pri tveganju za kardiovaskularne težave, sladkorno boleznijo, holesterolom/trigliceridi, bolečino v križu, edemi, utrujenostjo, migreno/glavobolom in rakom.

Organizacija: Rezultati dajejo pomemben vpogled libanonskim nutricionistom in dietetikom, saj jim spoznanja omogočajo povečati njihovo odličnost in kakovost storitev na več ravneh na področju zdravljenja prekomerne telesne mase ter, s preventivnimi metodami, zmanjšati stroške zdravljenja.

Družba: Preprečevanje debelosti je priporočljivo z vadbo in dietno terapijo, da zmanjšuje tveganje za zdravstvene težave in povečuje življenjsko dobo.

Originalnost: Študija se nanaša na libanonsko družbo in odraža del njihovega življenjskega sloga ter pojasnjuje nekatera vprašanja v zvezi z njihovim zdravstvenim stanjem.

Omejitve/nadaljnje raziskovanje: Raziskava se je izvedla na področju Libanona na odraslih osebah. Za nadaljnje študije je treba kot spremenljivko vključiti tudi vrste gibalne/športne dejavnosti v smislu intenzivnosti in števila ur, kar bi omogočilo, da bi študija ugotavljala učinek vadbe na upravljanje telesne mase.

Ključne besede: upravljanje telesne mase, standardni protokol, smernice, stroškovna učinkovitost, zdravstvo.

Marie Therese Khalil je registrirana dietetičarka, specializirana za prehrano in menedžment kakovosti. Predava na Libanonsko kanadski univerzi in dela kot strokovnjakinja za področje kakovosti na Ministrstvu za gospodarstvo in trgovino v Libanonu. Je članica EFQM ocenjevalcev in ima več objav s področja makro-biologije, prehranskih dopolnil in športne prehrane v lokalnih revijah in časopisih. Ima diplomo iz biokemije in magisterij s področja prehrane in upravljanja

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Maja Meško je redna profesorica s področja menedžmenta na Fakulteti za management, Univerze na Primorskem. Doktorirala je iz kineziologije. Naslov njene doktorske disertacije je Definiranje nekaterih motoričnih sposobnosti in psiholoških značilnosti slovenskih vojaških pilotov. Njeni raziskovalni interesi vključujejo področja menedžmenta, psihologije v managementu, zdravja na delovnem mestu. Sodelovala je tudi pri različnih projektih. Je avtorica ali soavtorica različnih znanstvenih člankov.

Obesity and physical activity: Case Study

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Abstract

Research Question (RQ): Lebanon which is part of the Mediterranean countries follows a similar diet pattern but much closer to the Italian one. Mediterranean diet is well known to be healthy and having a protective effect on cardiovascular disease and being effective in weight loss. Some studies relate the increase of obesity in Lebanon to nutritional transition in food choices from the typical Mediterranean diet to the fast food pattern. We were interested in the state of the occurrence of obesity in Lebanon and to what extent do physically active people have a better body shape, health and less obesity problems?

Purpose: The purpose is to determine the state of obesity in Lebanon and to determine the extent to which physically active people have a better body shape, health and less obesity problems.

Method: The survey was conducted by eight registered dietitians, a pilot study (n= 50) was run in November 2016 to check the reliability and validity of the survey. Then a survey was carried out on a sample of 514 Lebanese adults. The questionnaire had 125 variables and was composed of demographic information, dietary and anthropometric information, lifestyle, medical information, and family history. Hi-square test was conducted.

Results: A significant difference was found against the indoor physical activity for blood pressure, low back pain and migraine/headache. As for the outdoor physical activities, the difference was significant for cardio-vascular problems related to diabetes, cholesterol / triglycerides, low back pain, edema, fatigue, migraine/headache and cancer. For gardening activities, the medical problems with high significance stand for bloating, fatigue, anxiety, migraine / headache and cellulite.

Organization: The results provide significant insights on Lebanese nutritionists and dietitians enabling them to increase their excellence and their quality of service at multiple levels in the field of weight loss therapy, in order to reduce health cost through preventive methods.

Society: Prevention is highly recommended through exercise and a diet therapy to reduce the risk of associated problems and increase the life-span in general.

Originality: The impact of the study concerns the Lebanese society and reflects a part of their lifestyle and explains some questions regarding their health status.

Limitations / further research: The research is conducted among Lebanese adults. For further studies, one should also include types of physical activities in terms of intensity and number of hours.

Keywords: weight loss management, standard protocol, guidelines, cost effectiveness, healthcare.

Marie Therese Khalil is a Registered Dietitians, specialized in Food service and Quality Management, who lectures at Lebanese Canadian University and works as a Quality Specialist at the Ministry of Economy and Trade in Lebanon. She is a member of EFQM assessors and has several writings in the domain of Macro-biology, supplements and sports nutrition in local magazines and newspapers. She holds a BS degree in Biochemistry and a MS degree in Nutrition and food service management from the Lebanese University. Currently she is also a PhD candidate in the field of Quality Management at the faculty of organisation studies in Novo mesto, Slovenia.

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