

Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



Effects of high-intensity lifestyle intervention on increased cardiometabolic risk in truncal obese adults

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Obesity is a chronic disease that increase the risk for coronary heart disease (CHD), type II diabetes (T2DM) and certain types of cancer, some of the leading causes of preventable death. It's a growing public health problem worldwide. The purpose of our study was to develop a model of therapeutic efficiency high-intensity lifestyle intervention intended for truncal obese adults with increased cardiometabolic risk. Within the randomised controled trial at a group of truncal obese adults with risk factors for CHD and T2DM, we suggest the following two types of high-intensity lifestyle interventions: Ist-low fat, moderate hyperprotein, restriction diet (RD) of 1200-kcal/d(female) and 1500-kcal/d(male) with low atherogenic and glycemic(GI) index, and a specific proportion among SFA, MUFA and PUFA. The IInd-RD and the individually dosed physical activity (PA) with gradually, from low to modetare and peaks of high intensity (50%-60%-75%VO₂max) in accordance to the initial level of the individual aerobic capacity (VO₂max), expresed into METs. After 30 days was the increased energetic value of RD for 200-kcal/d in accordance with increased PA. The changes in anthropometric measures, metabolic profiles, VO₂max and BMR are evaluated after 30 and 50days. The efficiency of the programmed PA in combination with RD represenets a significant higher reduction of BMI (kg/m²), WHR, fat mass index, risk factors for CHD and metabolic complication (hyperglycemia, dyslipidemia, arterial hypertension and atherogenic indexes) associated with truncal obesity and significant improvement in cardiorespiratory fitness for 17.16% VO₂max from initial level. However, weight loss is influenced by individual biology and due to metabolic differences. European qudeline on prevention and management for nutritionists/dietitians by EFAD (ESDN Obesity) is desirable.

Biography

Vera P. Simovska-Jarevska is Univ. Professor for Nutrition, Dietetics and Sports Medicine (MD., PhD) and Coordinator of Master Study for Nutrition at the University of Bitola. She was an Expert in the Macedonian Ministry of Health, the European Commission (FP7, HORIZON 2020) and a National coordinator in several projects covered by the WHO from 2001 to 2015 (CINDI, Move for Health, HEPA Europe). She has a wide range of professional experiences, obtained in 5 countries. Her research is focused on the role of nutrition and physical activity in the NCD prevention, especially obesity and cardiometabolic risk. She is the author of published over 100 original scientific articles, academic books and chapters.

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