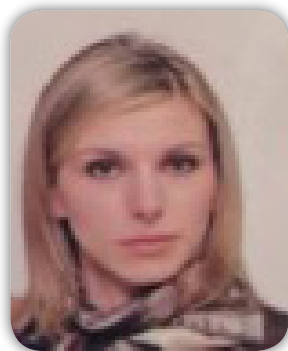


Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



Epidemiology of obesity in Macedonian youth

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Epidemic of obesity is an increased problem of modern society. Cause for this is the rapid unhealthy lifestyle, unbalanced diet and physical inactivity. The most common etiology factor is the intake of high-calorie foods in our everyday lives.

Worldwide doubled the number of obese people from 1980 until now, so it is the fifth risk factor for nutrition-related chronic diseases. 30% of the world population has overweight seems that planet about 2 billion dollars a year. The calculations relating to 2030 that obesity can reach up to 50% of the world population. In 70% of obese people considered that lifestyle risk factors play an important role, while 30% were considered to have psychological disorders. 35% of adults 20 years and older were overweight in 2008, and 11% were obese. In 2011 more than 40 million children under five years were overweight and more than 30 million children with excessive weight.

Within Macedonian youth still 43.7% of students in the fifth grade have increased body weight, and 29.4% of children are overweight and 11% are already obese in kindergartens.

Biography

Emilija Spasovska Mojsovska is a Master Degree student on the Nutritional Studies at the St. Clement of Ohrid University of Bitola, Faculty of Technology and Technical Sciences-Veles.

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