

Transition of Nutrition Style and Obesity: A Kuwaiti Case Study

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Abstract : Obesity establishes an epidemic along with an array of comorbidities and this call for careful clinical assessment, to identify causal factors and comprehensive management. In Kuwait, this epidemic reflects the progressive, socio-economic and age-related issues, along with the shift of nutrition from traditional to modern-style. The current research attempts to narrate the obesity and related health issues in Kuwait, with a special emphasis on the magnitude of the issue in Kuwait, nutrition transition over the past three decades, change in life-style, and possible solution for this issue.

Keywords : clinical assessment, comorbidities, obesity, socio-economic

Conference Title : ICNH 2015 : International Conference on Nutrition and Health

Conference Location : Istanbul, Türkiye

Conference Dates : December 21-22, 2015