

# Steps to reduce obesity among Bahrainis

Kamel Hubail  
Biochemistry Program, Beloit College, Beloit, WI

## Abstract:

Obesity has increased sharply in Bahrain. As a result of that, many diseases are more common, including diabetes mellitus, hypertension, dyslipidemia, and coronary artery disease. A painstaking plan must be implemented in order to put an end to this problem. A proper diet and well-planned physical activity would be the solution to reducing obesity in Bahrain.

## Introduction:

It was surprising to me to learn that obesity in Bahrain is a major problem to the society and that the prevalence of obesity is increasing rapidly. The percentage of obese women is 32% while it is 23% in men. Astonishingly to me, highly educated people with high incomes are the most obese segment of the society. Furthermore, a sedentary lifestyle is another factor that helped increase obesity. The size of the country is very small and the population is less than a million. Obesity might be effectively controlled. My hypothesis is to propose a thoroughly documented plan that will decrease the level of obesity by increasing physical activity and implementing a strict goal for the intake of daily food. The plan will be developed while still respecting the culture of Bahrain.

## Method of Plan:

In order to reduce obesity in Bahrain, a number of steps must be followed:

- All job-seekers must have a Body Mass Index of NO MORE THAN 25 in order to get a job. The ideal body weight is a body mass index (BMI) around 21, where  $BMI = [(weight\ in\ pounds) \times 700] / [(height\ in\ inches) \times (height\ in\ inches)]$ . With a BMI between 19 and 25, weight related health risks are negligible
- Increase the cooperation between the Ministry of Health and all major health clubs in Bahrain by providing discount fees for every family
- Regulate every local restaurant that sells local food by providing a list of its main ingredients.
- Increase the awareness of Obesity among Bahrainis by going through a thorough education campaign that covers every single house in Bahrain
- The government of Bahrain should build more beach parks and walking areas so that people can exercise and walk every day.
- The Ministry of Education should include a nutrition course in its curriculum so that people can differentiate between saturated and the unsaturated fats, for example.

## Figure 1: Foods that cause concern

- Baatchaa - bread with sheep head
- Guzzei-mixture of chicken and beef with rice.
- Majchboos-chicken and rice
- Muhammar-sugar, fish and rice

## Figure 2: Physical Activities

- Walking on the beaches
- Fishing and swimming in the sea
- Doing Aerobic exercise
- Walking to shopping centers without cars
- Getting involved in sport clubs

## Result:

If these steps are considered seriously, within five years the prevalence of obesity among Bahrainis will drop off sharply. Interestingly enough, if all job-seekers get a BMI as indicated, then most of the population will be much healthier, especially since Bahrainis are very young.

## Discussion:

Obesity is found to be the major cause of many diseases that have occurred. Therefore, by preventing obesity, people will be able to stay more healthy. The question that has been raised recently is how can people reduce the prevalence of obesity in Bahrain? There should be cooperation between the Ministry of Health and the Ministry of Labor in Bahrain since they can change the situation. The plan might take a long time but in the end, there can be tremendous success. Also, there are a number of steps by which obesity can be reduced. If they are strictly followed, obesity can be dramatically reduced in Bahrain.

## Conclusion:

It can be concluded that although the prevalence of obesity among Bahrainis are very high, yet it can be downsize within a short period of time given the fact that the people of Bahrain is a half a million. The cooperation between the Ministry of Health and the Ministry of Labor can play an important role in reducing the number of obese Bahrainis.

## References:

- Obesity Among Adult Bahraini Population: Impact of Physical and Educational Level. By Faisal Al-Mahroos, MD, FPSC, Ph.D; Khaldoon Al-Roomi, MD, MSC, Ph.D. *Annals of Saudi Medicine*, Vol.21, Nos3-4, 2001
- Obesity in Bahraini Adults. A Al-Mannai, J WT Dickerson, J B Morgan and H Khalfan. *Journal of the Royal Society of Health*. Vol., 116, issue 1. Pages, 30-2, 37-40