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The association between dietary patterns, visceral fat and chronic diseases

Louay Labban

A'Sharqiyah University, Oman

Visceral fat is technically excess intra-abdominal adipose tissue accumulation. This type of fat is stored further underneath the skin than “subcutaneous” belly fat and it’s actually wrapped around major organs, including the liver, pancreas and kidneys. Research has shown that visceral fat plays a distinctive and potentially dangerous role affecting how hormones function and it is associated with increased risks of a number of health problems. Many indicators have been used to link visceral fats to chronic diseases including Diabetes type 2, CVD, and arthritis. Anthropometric measurements, such as BMI, skinfold thickness, fat percentage, Waist Circumference, Hip Circumference and Waist/Hip Ratio indicating abdominal obesity. Dietary patterns also play a major role in overweight and obesity and in the amount of visceral fat accumulated in the body. Many studies have shown that abdominal obesity has been linked together with WHR has been linked to chronic diseases. The aim of the study is to find the association between visceral fat and chronic disease and also to identify factors leading to that. 61 males and 67 females participated in this study, their anthropometric measurements were recorded together with their lipid profile and their energy intake and the number of serving sizes from fruits, vegetables and dairy were also registered. The results have shown that females had higher BMI than males and difference was significant ($P < 0.05$). Waist and hip circumference of the females were also higher than males and the difference was significant ($P < 0.05$). W/H ratio was higher in females but skinfold thickness was higher in males. With regard to lipid profile, females had higher values of LDL, TG, TC and HDL comparing with males. Energy intake was almost similar in males (2800 kcal) and females (2700 kcal) but females consumed more calories from CHO and fewer calories from protein and fat. They also consumed less fruits and dairy products. However, they consumed similar number of serving sizes of vegetables. More females were diagnosed with chronic diseases such as diabetes, CVD, hypertension and arthritis comparing to their males counterpart.

drlouay@gmail.com