



## Gloria A. Bachmann

UMDNJ-Robert Wood Johnson Medical School, New Brunswick, New Jersey

### The Obesity Epidemic: Current and future approaches to the high BMI

One cannot ignore the obesity statistics that are infused into the mainstream media on a regular basis. Most of us in the US today are either overweight or obese. The CDC puts this number at 2/3 of the adult population and 1/3 of youngsters having a BMI higher than what is considered healthy. Approximately 41% of US adults have an obese Body Mass Index (BMI), which is currently considered greater than 30kg/m<sup>2</sup>. Youngsters are following in the footsteps of adults, with the CDC noting that 17% of American youth are obese. Not only is there a growing number of heavier youth, but pediatric and adolescent diets that promote weight gain tend to lack adequate fiber. It appears that inadequate dietary fiber contributes to higher serum inflammatory factors and a greater percentage of visceral fat, all unwanted consequences of excessive weight gain and low fiber diet for this age group. Additional pounds in all age groups are not desirable, as certain cancers, joint problems, cardiac and pulmonary issues, bladder incontinence and metabolic disorders are increased in prevalence with obesity. The identification of the problems associated with an elevated BMI are clear, but solutions are still evolving. In addition to traditional interventions, which include caloric restriction and increased exercise, newer interventions are making their way into the scientific and dietary literature. These include some of the interventions that have been around for long periods of time such as resveratrol supplements and olive oil. In addition, there are newer ones such as surgical procedures and those that are in clinical development such as antihunger gels. The future should give us even more ways to evaluate, monitor and manage obesity. Can a medication targeting specific areas of the brain, such as the pulvinar area be a future treatment that hopefully will focus the person's attention on health rather than taste when approaching food choice and quantity.

#### Biography

Gloria Bachmann, MD is a Professor of Obstetrics, Gynecology and Reproductive Sciences and Mariella Danspeckgruber, MA is a research assistant at UMDNJ-Robert Wood Johnson Medical School. Dr. Bachmann is an expert in the area of women's health, especially as it pertains to the menopausal woman.

[bachmaga@umdnj.edu](mailto:bachmaga@umdnj.edu)