

## Obesity and the Challenges Posed to Public Health

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### Obesity and the Challenges

Thanks to the support of readers and authors, our journal has grown steadily and we have now reached Volume 6 Issue 3. First of all, we would like to take this opportunity to welcome our new Editor-in-Chief, Dr. Hideto Oishi, who is well known in Japan for his contributions to the field of enteral nutrition. In our current issue, we have two research articles, two case reports, one review and an editorial written by Dr. Anjana Agarwal from Mumbai. Her article reveals some interesting facts about the impact of soaking beans and legumes before cooking [1]. This issue's review deals with the nutritional value of vitamin K, which can be found abundantly in fermented soybeans, common in the Japanese diet, one of the healthiest in the world [2]. We also have a basic research article evaluating the safety of chocolate brown dye which is frequently used in soft drinks, candies, ice-creams as well as other beverages [3]. We have several articles about obesity. First, a research article describing the relationship between obesity and physical inactivity. Next, an interesting case report study by Dr. Dwaipayan Muhuri from Ross University School of Medicine regarding Vitamin B12 deficiency after bariatric surgery, using specimens collected from cadaveric stomach and ileum [4]. Finally, we have an article addressing the problem of obesity in Caribbean countries.

According to the WHO, worldwide obesity has been increasing at an alarming rate and in 2014, more than 1.9 billion adults (39% of 18

years and older) were overweight, and of these over 600 million (14%) were obese. As we all are aware of, obesity, defined as excessive fat accumulation that may impair health, is caused by an energy imbalance between calories consumed and calories expended. Nutritional education to bring changes in dietary and physical activity patterns in order to prevent and treat obesity will always be challenging. Nevertheless, as the risk for non-communicable diseases increases with obesity, we must persist and continue to strive within our capacity through our various health promoting activities to face this challenge.

### References

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