



# Dietary Lifestyle, Way of Life Practices and Corpulence: Towards Present Day Science

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## Abstract

The scourge of overweight and corpulence exhibits a noteworthy test to endless malady prevention and health perils around the globe. In the United States it recorded that more than one third of adult population (35% among men and 40.4% among women) including 17% of youth population are suffering from obesity [1,2]. Diabetes is one of the most prevalent and economically costly chronic diseases around the globe. Statistical data published in the year 2011 in United States estimated that 20.8 million UD adults (9%) lived with diabetes mellitus [3] and about 1.5 million new cases of diabetes were diagnosed [4]. Obesity is a significant risk factor associated with diabetes mellitus.

**Keywords:** Architectural prototype; Degree zero; Transformation; Design

## Editorial

It has been demonstrated that 87% of adult population in United States suffering from diabetes are overweight or obese (body mass index (BMI) >25Kg/m<sup>2</sup>) [5]. Furthermore, previous published studies showed association of obesity with diabetes mellitus and its related complications [6,7] that lead to increased medical expenses compared to normal population [8]. In spite of the fact that, stoutness emerges as the consequence of vitality imbalance between calories devoured and calories used, late proof demonstrates that a vitality irregularity idea of corpulence may be misrepresented.

Lifestyle and diet modifications should be recommended for every patient dealt with obesity associated with diabetes and its complications. Comprehensive lifestyle modification programs (CLMPS) supplement the patient with good habits of eating and activities in day to day life [9]. The Look AHEAD (Action for Health in Diabetes) study spent 13.5 year period trial also supported the lifestyle interventions in weight loss [10]. There are four well known diets mentioned in the literature that includes low carbohydrate, low-fat, Mediterranean and low-glycemic load regimens [11]. Mediterranean diet composed of olive oil, high intake of plant component such as fruits, vegetables, legumes, raw cereals, nuts and seeds along with moderate fish and fermented dairy products are beneficial for obesity management and weight loss.

Recently it has been published that Mediterranean diet prove to be healthy pattern diet and proved that four year period of this diet consumption may reduces the cardiovascular risk independent of lifestyle factors [12]. Physical activity alone is of least importance

in weight loss management, as supported by American College of Sports Medicine [13].

In summary, modern science depict that not all foods have the identical influence in the metabolism and weight homeostasis. The population should focus on the long-term weight reduction management strategies rather than short goals. The quality of the diet, consumption of low-glycemic indexed foods with some efforts of physical exercise may improve the quality and life span of the population and also reduces the economic burden. The misconception of low-fat diet should be replaced with high quality diet. A Mediterranean diet pattern is a healthy pattern should be adopted by populations because of its easy accommodation into the lifestyle. Efficient strategies may be designed by individual patient according to health status and the obesity reduction intervention schemes should be implemented at different levels of society focusing on long-term goal of obesity management.

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