

BÖLÜM 11

OBEZİTE VE EGZERSİZ

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Obezite Dünya Sağlık Örgütü (WHO) tarafından sağlığı bozacak ölçüde vücutta aşırı yağ birikmesi olarak tanımlanmıştır. Tüm dünyada erken ölümün sigaradan sonraki ikinci sırada yer alan temel risk faktörüdür. Sistemik bir hastalık olan obezitenin ülkemizdeki güncel durumuna baktığımızda Türkiye İstatistik Kurumu (TÜİK) tarafından gerçekleştirilen “Türkiye Sağlık Araştırması-2019” 15 yaş ve üstü bireylerde obezite sıklığını %21,1 olarak bildirmektedir. COVID-19 pandemisi nedeniyle azalan fiziksel aktivite ve kötü beslenme alışkanlıklarının yakın gelecekte obezite ve diğer metabolik hastalıkların sıklığında artışa neden olabileceği düşünülmektedir. Bu bağlamda obezite etkisi giderek büyüyen bir halk sağlığı sorunudur.

Vücut yağ miktarını ölçmek pratik olarak zor bir işlem olduğu için obezite tanısında sıklıkla Vücut Kütle İndeksi (VKİ) kullanılmaktadır. VKİ, kişinin kilogram cinsinden vücut ağırlığının metre cinsinden boy uzunluğunun karesine bölünmesi ile hesaplanır. WHO tara-

findan erişkinler için tanımlanmış VKİ değerleri Tablo 1’de gösterilmiştir. Ancak tek başına VKİ abdominal obeziteyi ve artmış visseral yağlanmanın metabolik etkilerini göstermede yetersiz kalmaktadır. Bu nedenle VKİ ölçümüne göre daha az kullanılan bel çevresi ve bel-kalça çevresi oranı ölçümleri de kullanılmaktadır. Limit değerlerde toplumsal farklılıklar görülse de genel olarak bel çevresi erkeklerde 102 cm ve kadınlarda 88 cm üzerinde olması visseral obezite lehine değerlendirilmektedir.

Tablo 1. Yetişkinler için VKİ’ne göre obezite sınıflandırması

Sınıflandırma	VKİ (kg/m ²)
Zayıf	<18,5
Normal	18,5-24,9
Fazla kilolu	25-29,9
Obez	≥30
Hafif dereceli	30-34,9
Orta dereceli	35-39,9
Yüksek dereceli (Morbid)	≥40

VKİ: Vücut Kitle İndeksi

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