OBEZİTENİN GELECEĞİ: NÖROPSİKOLOJİ PERSPEKTİFİNDEN 'OBEZİTE'

37. BÖLÜM

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Obezite, çağımızın küresel halk sağlığı sorunları arasında yer almaktadır (1). Dünya genelinde ciddi bir sağlık sorunu olan obezite; sağlık, ekonomik ve sosyal yönden işlevselliği olumsuz yönde etkilemektedir (1, 2). Yüksek kalorili ve enerji yoğunluklu gıda çeşitleri gün geçtikçe artmakta; teknolojinin gelişmesine paralel olarak da insanlar daha az enerji harcamaktadır (3, 4). Ayrıca kitle iletişim araçları, erişimi kolay olan enerji yoğunluklu gıdaların tüketimini tetiklenmektedir (5). Bu haliyle günümüz çağı 'obezojenik' olarak adlandırılmaktadır (6). Obezojenik çevre koşulları yeme davranışını tetikleyip pekiştirse de bazı bireyler bu tetikleyici ve cezbedici koşullarla baş ederken bazıları bu duruma karşı koyamamaktadır (3, 7). Tetiklenmeye karşı direnç gösterebilmenin gerektiği bu çevresel koşullarda, bilişsel kontrolün yadsınamaz bir rolü bulunmaktadır. Yeme davranışı sadece fizyolojik durumlardan ya da fiziksel çevre koşullarından etkilenmemektedir. Bilişsel süreçlerin yeme davranışı üzerine etkisi kaçınılmazdır (3, 8). Nitekim obezite sorunu olan bireylerin bilişsel işlevlerinin göreli olarak zayıfladığına yönelik pek çok kanıt bulunmaktadır (9, 10, 11). Bunun yanı sıra son dönemlerde bilişsel işlevlere ilişkin egzersizlerin (cognitive training) yeme davranışı ve kilo verme üzerinde etkisi olduğu da gösterilmiştir (12). Dolayısıyla önümüzdeki dönemlerde gerek obezitenin önlenmesinde gerekse obezite sorunu olan bireylere yönelik müdahalelerde, algı gibi bilişsel süreçlerin rolünün kavranması ve nöropsikolojik müdahale programlarının geliştirilmesi ve uygulanması kritik bir rol oynayacaktır.

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