

## Letter to Editor

**Letter to Editor in response to the article by Ahmad Adam et. al on "Prevalance of obesity and overweight among doctors in Brunei Darussalam" ( August 2016, Volume 12 Issue 4)**

**Devaraj NK**  
**Department of Family Medicine, Universiti Putra Malaysia**

Dear Editor,

I read with interest the article by Ahmad Adam et. al. on "Prevalence of obesity and overweight among doctors in Brunei Darussalam". Indeed, obesity is a major problem being faced by both developing and developed countries.<sup>1,2</sup> From a worldwide population mean of 33% that are either overweight or obese in 2005, this figure will jump to a staggering 57.8% or 3.3 billion people in 2030.<sup>3</sup> Looking at the figures in Brunei doctors' alone, this numbers are truly realistic predictions.

The wide availability of fast food restaurants that are operational round the clock and tech-crazy populations that hardly exercises have nevertheless contributed to this menace. World Health Organization in 2003 through its Technical Report Series outlined the following strategies in tackling obesity which includes<sup>5</sup>:

**DEVARAJ NK. Brunei Int Med J. 2017;13(1): 43**

- a. Dietary intervention for eg. scrutinizing fat, fibre and free sugar intake
- b. Encouragement of increased physical activities
- c. Encouragement of future research into obesity

The challenges that lie ahead seems difficult to scale, but with the co-operation of all stakeholders, including the policymakers, success may at last see the light at the end of the tunnel.

## References

- 1: Abelson P, Kennedy D. The obesity epidemic. *Science*. 2004;304:1413.
- 2: Haslam D, James P. Obesity. *The Lancet*. 2005;366:1197-1209.
- 3: Kelly T, Yang W, Chen CS, Reynolds K, He.J. Global burden of obesity in 2005 and projections to 2030. *International Journal of Obesity*. 2008;32:1431-1437.
- 4: Ebbeling C.B., Pawlak D.B., Ludwig D.S. *The Lancet*. 2002;360(9331):473-482.
- 5: Nishida C, Uauy R, Kumanyika S, Shetty P. The Joint WHO/FAO Expert Consultation on diet, nutrition and the prevention of chronic diseases: process, product and policy implications. *Public Health Nutrition*. 2004;7(1A):245-250.