

## 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)

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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>:

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- 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

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