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The state policy about overweight and obesity in Turkey

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Overweight and obesity can be defined as body weight that is above normal for height as a result of an excessive accumulation of fat. It is usually a manifestation of over nourishment. Overweight is defined as a body mass index (BMI) of more than 25 but less than 30 and obesity as a BMI of 30 or more by the World Health Organization (WHO). It is well known that inappropriate diets can give rise to obesity and diet-related non-communicable diseases such as atherosclerosis, type 2 diabetes, respiratory diseases and certain cancers. All of these conditions are more or less determined by what we eat, and the debates about what to eat to avoid disease are almost countless. Therefore, Nutrition Survey (2010) was intensively done by The National Health in Turkey. According to the dates of the survey, overweight ratio between men and women adults were find to be 39% and 30% respectively. On the other hand, obesity ratio was supplied 20% for man and 41% for women. The overweight and obesity ratio between the 1-20 years of old group were given 18% both for boys and girls. It seems that overweight and obesity are increasing day by day in Turkey as other several counties. Since at the beginning of millennium, the Ministry of Health has achieved the development goal obesity target plan to reduce or prevent weight gain all over the country. The aim of this plan is that nutrition is national priority and a healthy diet should be considered human right. Nutritional and food security should also have the same priority. Enhanced nutrition education, public health information campaigns and healthy food supply policies are included into this plan. The main goal of nutrition education is to inform people as to what constitutes a healthy, balanced diet, as well as how to improve their diet and lifestyle. Interventions aimed at children in schools, contents of their food box and the school canteens in which foods are selling. Once a day, milk services are supplied for the primary school children. Public health information campaigns are the most common type of nutrition intervention employed in communities. Particular educational target should be mothers of young children, promoting prenatal balanced diets and postnatal feeding practices especially breast feeding, as well as family nutrition needs. As the parent most responsible for household nutrition and child care, women, particularly young women, are an important target for nutrition edu¬cation. Consumer poli¬cies and appropriate nutrition labeling, which enable consumers to make informed decisions, should be further developed as well. Follow up the strategy policy, every 10 years national nutrition surveys should be repeated.

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Resistin mediates tomato and broccoli extracts effects on glucose homeostasis in high fat diet induced obesity in rats

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Resistin is an adipocyte hormone that regulates glucose metabolism. Elevated levels of resistin may cause insulin resistance. We hypothesized that tomato and broccoli extracts treatment regulates glucose homeostasis via modulation of resistin levels in high fat diet induced obesity rats (HFD). 63 male albino rats were divided into 8 groups as follows: control, HFD, stop fat diet (SD), tomato 200 mg/kg (T200), tomato 400mg/kg (T400), broccoli 200 mg/kg (B200), broccoli 400 mg/kg (B400) andchromax (CX). Treatment continued for 1 month. Serum levels of resistin, leptin, adiponectin and insulin were measured using ELISA and glucose by spectrophotometry. Serum level of resistin was significantly reduced in T 200, T 400, B 200, B 400 and CX groups to: 4.13±0.22 ng/ml, 1.51±0.04 ng/ml, 4.13±0.22 ng/ml, 2.32±0.15 ng/ml and 1.37±0.03 ng/ml, respectively compared to HFD group and SD group (P value<0.0001). Non-significant difference was found between T 400, B 400 and CX groups. Serum level of leptin was significantly reduced in T 400 (22.7±0.84 Pg/ml) group compared to B 400 (41±2.45 Pg/ml) and CX groups (45.7±2.91 Pg/ml), P value<0.001. Serum level of adiponectin was significantly increased in T 400 group (131±3.84 Pg/ml) compared to CX group (112±4.77 Pg/ml), P value was<0.01. Our results demonstrate that tomato and broccoli extract treatment regulates glucose homeostasis via reduction of serum resistin and may be a useful non-pharmacological therapy for obesity.

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