

# 14<sup>th</sup> GLOBAL OBESITY MEETING

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## The role of healthy lifestyle behavior change in managing obesity and CVD health conditions among UAE and GCC Nationals

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Active physical activity and exercise, healthy nutrition and not smoking are well established for preventing and managing lifestyle-related non-communicable but are less emphasized in the traditional medical treatment for addressing chronic disease (i.e., obesity, heart disease, cancer, diabetes, hypertension, stroke, obstructive lung disease and more). This review examines the relationships between people health and lifestyle behaviors, with special reference to prevention child obesity approach. The review is conducted to synthesize evidence related to lifestyle factors such as healthy diet, healthy weight, active physical activity, optimal sleep, not smoking and manageable stress and health, with special reference to public health institutions roles in both government and private sectors. The aim is to support that health behavior change competencies (examination/assessment and intervention/treatment) may need to be included in first-line management of non-communicable disease, either independently or in conjunction with medical therapy interventions. To address knowledge gaps in the literature in UAE and GCC countries, however some systematic research review are indicated to establish the degree to which adopting healthier lifestyle practices, avoids or reduces the need for conventional treatment, to establish the degree to which traditional medical therapy interventions prescribed for chronic disease augment the benefits of lifestyle behavior change and to establish whether patients/clients with healthier lifestyles, respond more favorably to usual medical therapy interventions than those who have less healthy lifestyles with focus on children, teen and younger generations national programs to adopt different lifestyle behaviors comparing with their parents in last 20 years.

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