

SYMPOSIUM 2 – LIFESTYLE DISEASES

FOCUS: OBESITY

Obesity in Brunei Darussalam

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Obesity epidemic continues to worsen worldwide and threatens to be the commonest non-communicable disease. In Brunei Darussalam, we have seen a huge rise in the prevalence of obesity from 12% in 1997 to 27.2% in 2011. It poses a huge economic burden: in the UK, the direct costs of obesity and its comorbidities are in the order of £6 billion per year (Health and Social Care Information Centre, 2014). Despite this, the provision of weight management and obesity services is not readily available or highly developed in most countries. In 2006, we started Obesity Clinic at RIPAS Hospital and strive to provide a comprehensive, broad based multidisciplinary weight management, nutrition and metabolic service which encompass positive mental and physical health. This lecture will cover the multi-pronged approach to weight management that is individualized to each participant.

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