

Sizable portion of Iranians suffer from obesity



By Sadeq Dehqan
Staff writer

The head of the Center for Endocrine Glands and Metabolism at Shahid Beheshti University's School of Medical Sciences, referring to the growing trend of overweight and obesity in the country, stated that 60 to 70 percent of individuals over the age of 20 in the country are overweight or obese, and only 30 to 40 percent of adults have a normal and healthy weight.

Fereidoun Azizi, in an exclusive interview with Iran Daily, added that the trend of increasing overweight and obesity in Tehran is higher than in other parts of the country, with 70 percent of the population in Tehran being affected by overweight and obesity. (However, it is important for readers to approach these statistics with caution, as the true figures can only be accurately determined through comprehensive scientific research on a large scale.)

Azizi, comparing the obesity situation in Iran with various regions, explained that in Western coun-

tries, especially the United States and Canada, the obesity rate is higher, with a total of 75 percent of the population in these countries experiencing overweight and obesity, and among them, obese individuals have a larger share.

Referring to a research program on the status of overweight and obesity in the country over the past 30 years, he stated that looking at the results of these studies over the three decades, we observe that the population with overweight has gradually decreased during these years, while the population with obesity in the country has increased.

He continued by mentioning that obesity is divided into two levels, overweight and obesity, determined based on BMI or Body Mass Index. BMI is a measurement tool that indicates how proportionate your height and weight are and whether an individual is underweight or overweight. BMI is calculated by dividing weight (in kilograms) by height (in meters) squared. Knowing factors such as age, weight, height, and gender is important

to obtain accurate results.

Azizi said that based on this, individuals with a BMI between 18.5 to 25 have a normal weight, individuals with a BMI between 25 to 30 are overweight, and individuals with a BMI above 30 are considered obese, usually weighing over 100 kilograms.

Referring to the fact that a very low or very high BMI can be problematic for an individual's health, he said that if a person's BMI is below 18.5, the individual may face health problems in terms of body immunity against diseases. The endocrinologist said that over the past three decades, the number of individuals with a BMI between 25 to 30, which used to constitute around 50 to 60 percent of the country's population, has gradually decreased, and the number of obese individuals in the country, which was previously five percent, has increased.

Azizi listed obesity as the most common endocrine and metabolic disorder in the country and explained that after obesity, which is a disease in itself, diseases such as diabetes, osteoporosis, hypothyroidism, and hyperthyroidism

are the next most common endocrine and metabolic disorders in the country.

He noted that in Iran, there are other endocrine gland disorders that are very important and dangerous, although they are not considered common diseases. These include diseases of the supra-renal and pituitary glands, which are very important diseases but do not have much prevalence.

Referring to the fact that obese individuals are divided into two groups, high-risk and low-risk, he explained that one group of obese individuals are those who do not have metabolic diseases such as high blood pressure, high blood fat, high blood sugar, etc., do not smoke, and do not have abdominal obesity. These individuals have a better future.

Azizi continued by stating that in another group, those with metabolic diseases and abdominal obesity have a higher risk of cardiovascular diseases and premature death.

Azizi, pointing out the connection between obesity and fat accumulation in the abdominal area with cardiovascular diseases, said that in women, fat accumulation in the thigh, buttocks, and hands is more, while abdominal obesity is relatively more common in men, and this can be one of the reasons for higher mortality in men.

He said that to measure the level of abdominal obesity, you can place a tape around your waist, starting from the belly button, and 90 centimeters is the starting point for abdominal obesity.

He stated that if a child is obese at the ages of four and five, the likelihood of becoming obese in adolescence, puberty, and adulthood is five times higher than those who have a normal weight at these ages. Also, children who sleep less than 10 to 11 hours in their first year of life are more likely to become obese, showing the importance of attention in the early years.



Iranian award-winning writer calls for promotion of native language literature

Social Desk

Samad Rahmani Khiavi, recipient of the prestigious Mehregan-e Adab Award, emphasizes the need for the establishment of regional centers that support and promote native language literature, including Turkic, Kurdish, and Arabic – native languages spoken in Iran. In an interview published on IBNA, Khiavi sheds light on his award-winning book, 'Not Too Late to Love', and shares his profound thoughts on the importance of education and the preservation of cultural heritage.

Tribute to teachers

'Not Too Late to Love' explores the realms of knowledge, education, and personal growth. Khiavi explains that the book was primarily inspired by his deep gratitude towards the teachers who shaped his academic journey. The novel intricately weaves together the experiences of both Khiavi and his professors, focusing on the intricate relationships between educators and students.

While 'Not Too Late to Love' is written in a novel format and accessible to general readers, Khiavi primarily intended it for



students and their parents. The book offers valuable insights into understanding the dynamics of teacher-student relationships and provides guidance to parents on how to effectively communicate with educators. By reading this book, parents can gain a better understanding of the importance of supporting teachers and addressing any concerns they may have. Khiavi further reveals that his motivation for writing 'Not Too Late to Love' stemmed from his desire to immortalize the memories of his late mother, father, and brother. Furthermore, he

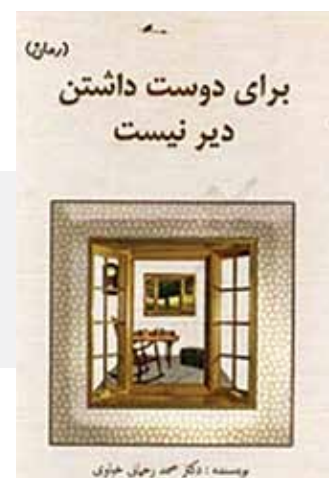
sought to express his deep appreciation for his teachers and professors, acknowledging their significant impact on his life and career.

Despite the challenges faced by the publishing industry, 'Not Too Late to Love' has received three editions and garnered positive feedback from readers. Many expressed their gratitude and praised the book for its relevance and well-developed characters. Khiavi's colleagues and surviving teachers also expressed their satisfaction with the publication. However, some critics pointed out the lack of adherence to modern storytelling techniques.

Khiavi goes on to advocate for

the recognition and promotion of native language literature. He highlights the importance of translating and localizing works written in different languages, including Turkic, Kurdish, and Arabic. He suggests the establishment of regional centers dedicated to native language literature, which would provide a platform for authors and facilitate the dissemination of their works.

When asked about future writing endeavors, Khiavi confirms his commitment to writing in Turkic, his native language. He believes that expressing oneself in the mother tongue allows for a stronger connection with readers and enables a more authentic



portrayal of emotions and experiences. While acknowledging the talent of Turkic speakers in writing Persian novels, he emphasizes the importance of language mastery in creating vivid imagery and capturing nuances. Samad Rahmani Khiavi's award-winning book, 'Not Too Late to Love', not only pays homage to teachers but also sheds light on the significance of native language literature. Through his writing, he inspires readers to appreciate the power of education and encourages the preservation of cultural heritage.

Portugal's remarkable renewables milestone

Portugal recently accomplished an impressive feat in renewable energy production, surpassing its own electricity demands for an extended period. From October 31 to November 6, the country experienced an unprecedented 149-hour stretch during which renewable energy generation exceeded its consumption, setting a new record. Over this six-day period, Portugal generated 1102 GWh of electricity, while consuming only 840 GWh. This surplus of 262 GWh surpassed the energy requirements of households and industries.

In addition to this accomplishment, Portugal also exported excess electricity to Spain. Furthermore, two more records were established during this timeframe. For 131 hours, renewable energy production exceeded the entire National Electric System's needs, including pumping requirements at hydroelectric reservoirs. Notably, this achievement was accomplished without relying on traditional thermal power generation sources such as Natural Gas Combined Cycle Plants. Moreover, between November 1 and November 5, there were 95 consecutive hours when renewable energy production outstripped consumption without the need for Natural Gas Combined Cycle Plants, enabling Portugal to export electricity to Spain.

These remarkable records serve as evidence that Portugal has been making significant strides in incorporating native renewable sources, while prioritizing security of supply and service quality, as stated by grid operator REN.

Looking ahead, Portugal has set ambitious renewable energy goals. The country aims to generate 85 percent of its electricity from renewable sources by 2030. Additionally, Portugal seeks to decommission all of its natural gas-fired power stations by 2040 and achieve carbon neutrality by 2045, five years earlier than initially planned.

In October, renewable energy accounted for 67 percent of Portugal's power needs, largely due to favorable conditions for hydropower and wind power. Wind power, in particular, reached a historic high last month, breaking records for daily energy production.

Throughout the year, renewables have satisfied 56 percent of the country's energy requirements, with wind contributing 24 percent, hydropower 18 percent, solar power 8 percent, and biomass 6 percent. Natural gas accounted for 21 percent of Portugal's energy production, while the remaining 23 percent was imported from other countries.

Portugal's recent achievements in renewable energy signify its commitment to a sustainable future and showcase its progress toward a cleaner and greener energy landscape.