



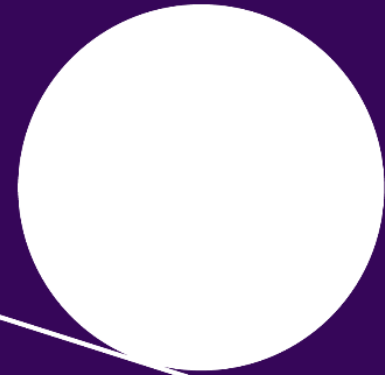
Vægt og sundhed

Praksispersonaledage 2023

Rasmus Køster-Rasmussen
Praktiserende læge på Læsø
Adjunkt ved Center for almen medicin

KØBENHAVNS UNIVERSITET





**videnskab
& sundhed**



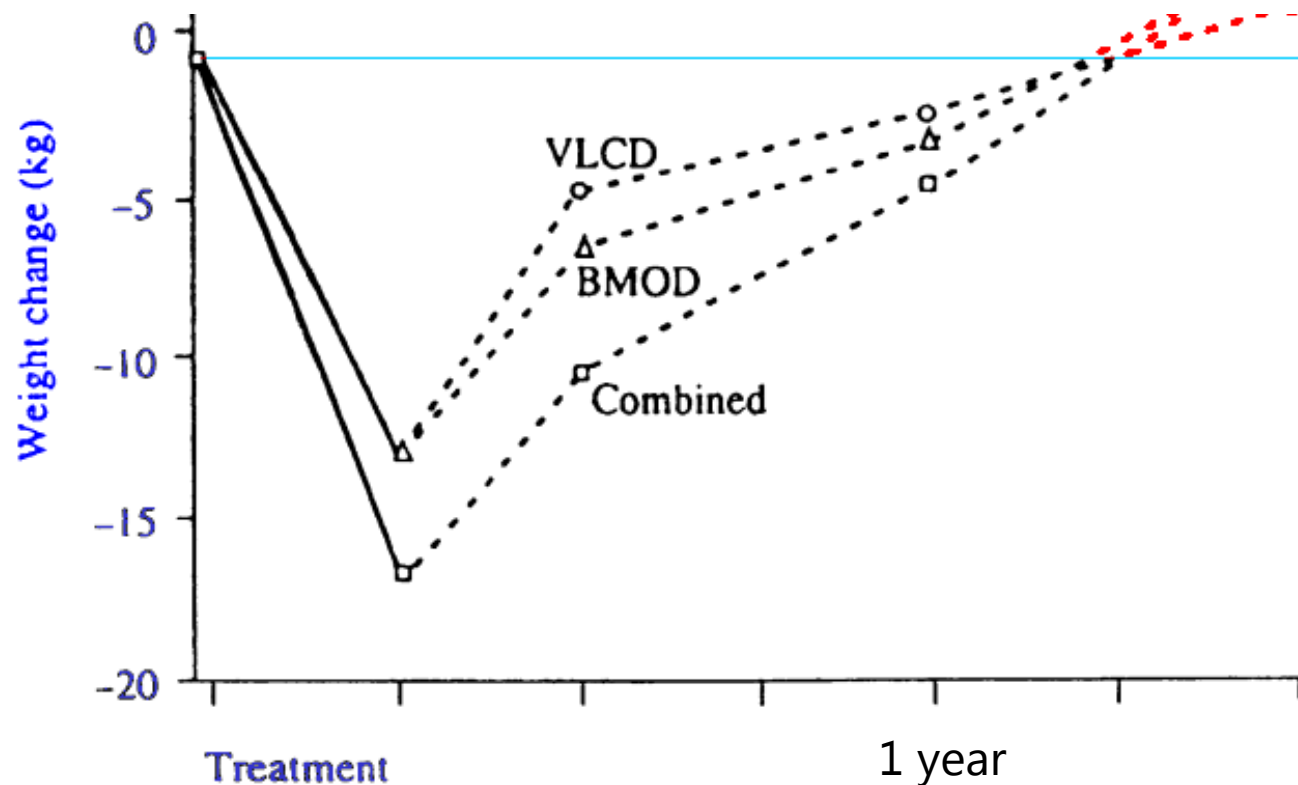
**Radio
Ligevægt**

Genetik bestemmer 75% af din BMI



Silventoinen et al. Genetic and environmental effects on body mass index from infancy to the onset of adulthood: an individual-based pooled analysis of 45 twin cohorts participating in the COllaborative project of Development of Anthropometrical measures in Twins (CODATwins) study. Am J Clin Nutr. 2016. PMID: PMC4962159.

Livsstilsbaserede væggtabsindsatser giver ikke varigt væggtab – og kræver en enorm indsats af individet



Konklusion

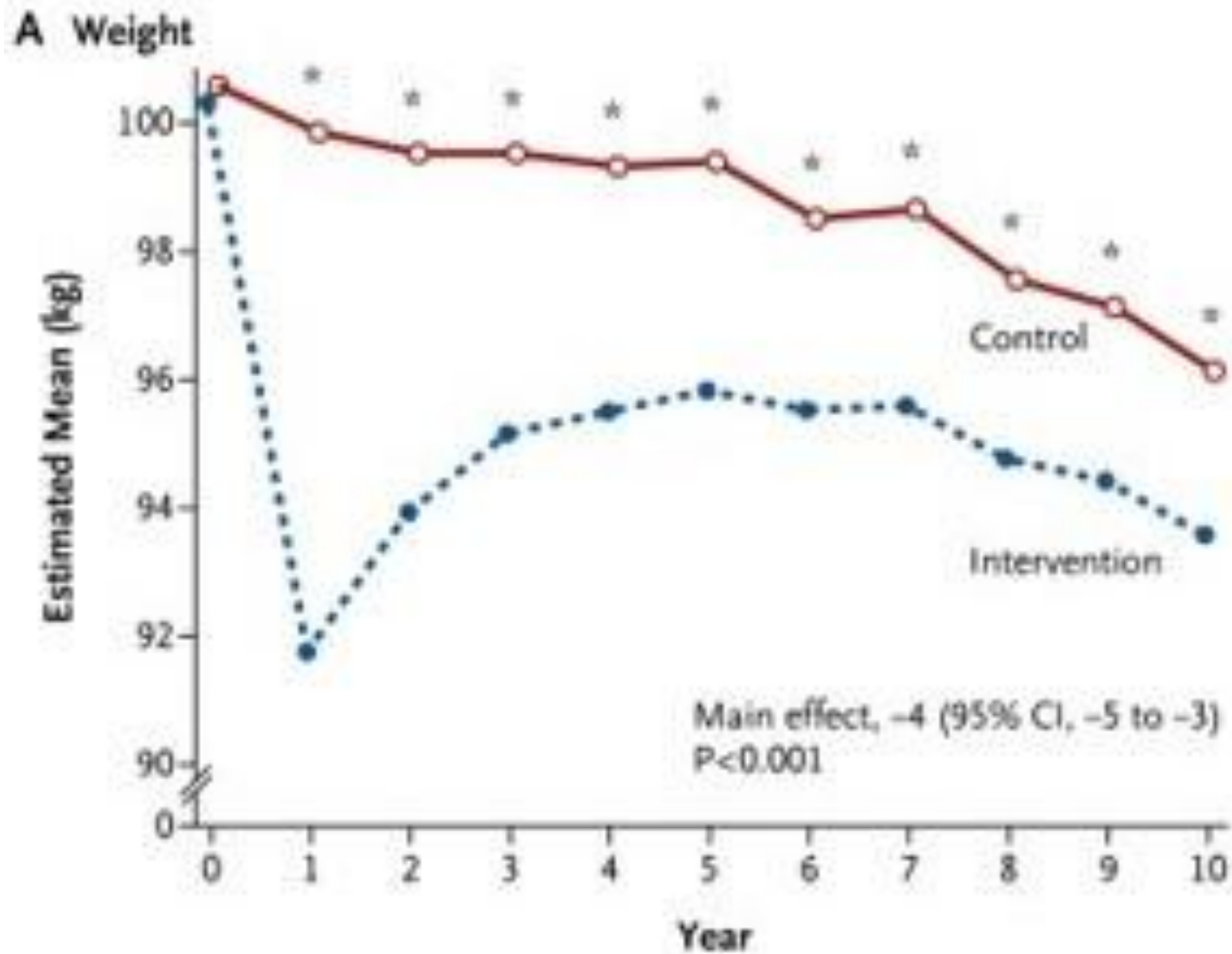
”... livsstilsinterventioner kan i gennemsnit give vægttab i størrelsesordenen 1,5-3,5 kg.” (målt ved 2 år)



**Evidens for
livsstilsinterventioner
til børn og voksne
med svær overvægt**



En litteraturgennemgang
2018



LookAHEAD studiet
2013. New England
Journal of Medicine

Livsstils-baserede vægttabsindsatser mindsker ikke forekomsten af hjerte-kar-events eller dødelighed

Diabetes Care Volume 45, November 2022



Long-term Effect of Lifestyle Interventions on the Cardiovascular and All-Cause Mortality of Subjects With Prediabetes and Type 2 Diabetes: A Systematic Review and Meta-analysis

Diabetes Care 2022;45:2787–2795 | <https://doi.org/10.2337/dc22-0642>



Risikofaktorer og folkesundhed i Danmark

Knud Juel
Jan Sørensen
Henrik Brønnum-Hansen

Hvor stor en del af de årlige dødsfald i Danmark kan, ifølge Statens Institut for Folkesundhed, tilskrives overvægt?

2%

5%

10%

20%

30%

50%

Hvor stor en del af de årlige dødsfald i Danmark kan, ifølge Statens Institut for Folkesundhed, tilskrives overvægt?

2%

5%

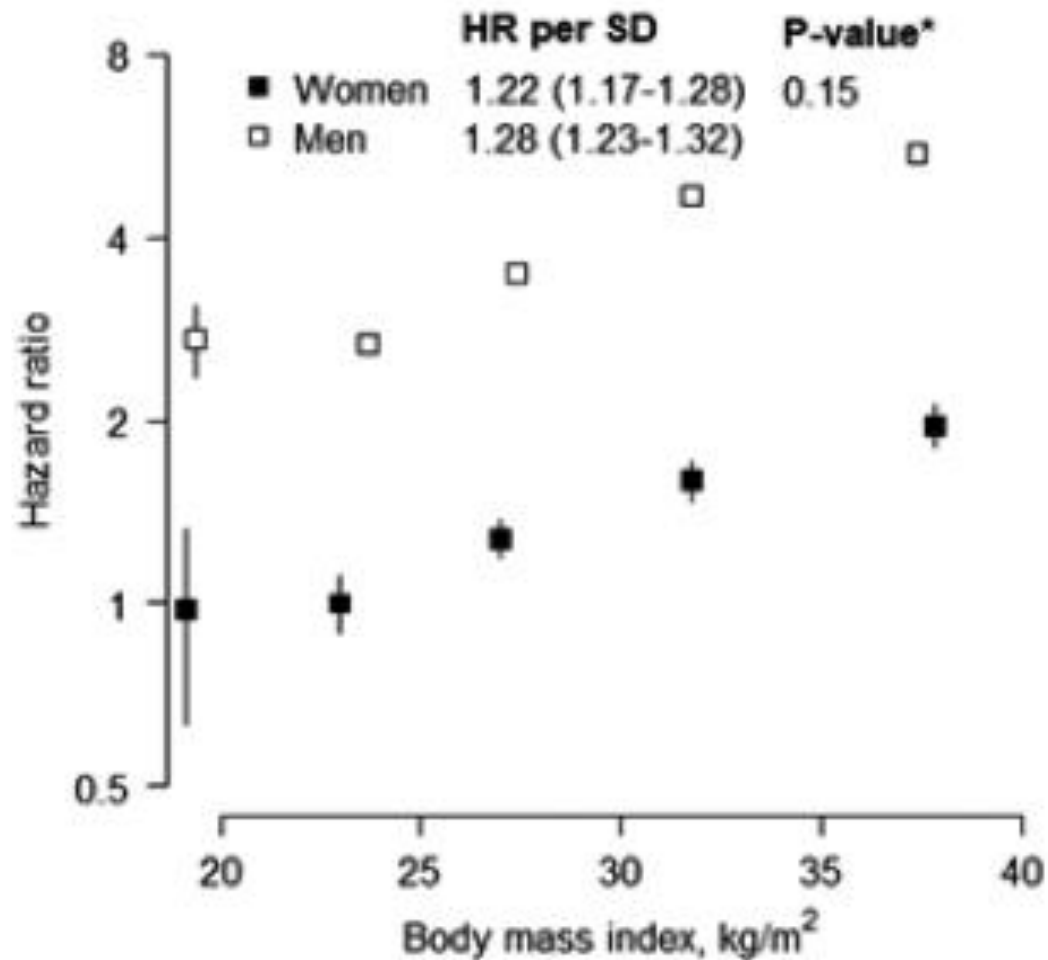
10%

20%

30%

50%

Det er farligere at være mand end at være tyk



Risiko for at få en blodprop i hjertet.
Peters et al. UK biobank study.
J Am Heart Assoc. 2018. DOI: 10.1161

Vægttab giver ikke forbedret livskvalitet

JOURNAL OF MEDICAL INTERNET RESEARCH

Hesseldal et al

Original Paper

Long-term Weight Loss in a Primary Care–Anchored eHealth Lifestyle Coaching Program: Randomized Controlled Trial

Laura Hesseldal^{1,2}, BSc; Jeanette Reffstrup Christensen^{1,3,4}, PhD; Thomas Bastholm Olesen⁵, PhD; Michael Hecht Olsen^{2,6,7}, PhD; Pernille Ravn Jakobsen¹, PhD; Ditte Hjorth Laursen⁸, PhD; Jørgen Trankjær Lauridsen⁹, PhD; Jesper Bo Nielsen¹, PhD; Jens Søndergaard¹, PhD; Carl Joakim Brandt¹, PhD











Weight bias and obesity stigma: considerations for the WHO European Region

What is weight bias and obesity stigma?

- Weight bias is defined as negative attitudes towards, and beliefs about, others because of their weight.¹ These negative attitudes are manifested by stereotypes and/or prejudice towards people with overweight and obesity.
- Internalized weight bias is defined as holding negative beliefs about oneself due to weight or size.²
- Weight bias can lead to obesity stigma, which is the social sign or label affixed to an individual who is the victim of prejudice.³
- Obesity stigma involves actions against people with obesity that can cause exclusion and marginalization, and lead to inequities⁴ – for example, when people with obesity do not receive adequate health care or when they are discriminated against in the workplace or in educational settings.



For psykologer er vægtfokus en velkendt risikofaktor

Vægtfokus er f.eks. forældres/partneres kommentarer om krop og spisning, vægtekategorisering, vægtrelateret mobning og idealisering af tyndhed

Vægtfokus påvirker kropsbilledet

Et negativt kropsbillede øger risikoen for bl.a. forstyrret spisning, spiseforstyrrelser, depressive symptomer og selvskade

Reference: positionspapir #1 www.ligevaegt.org

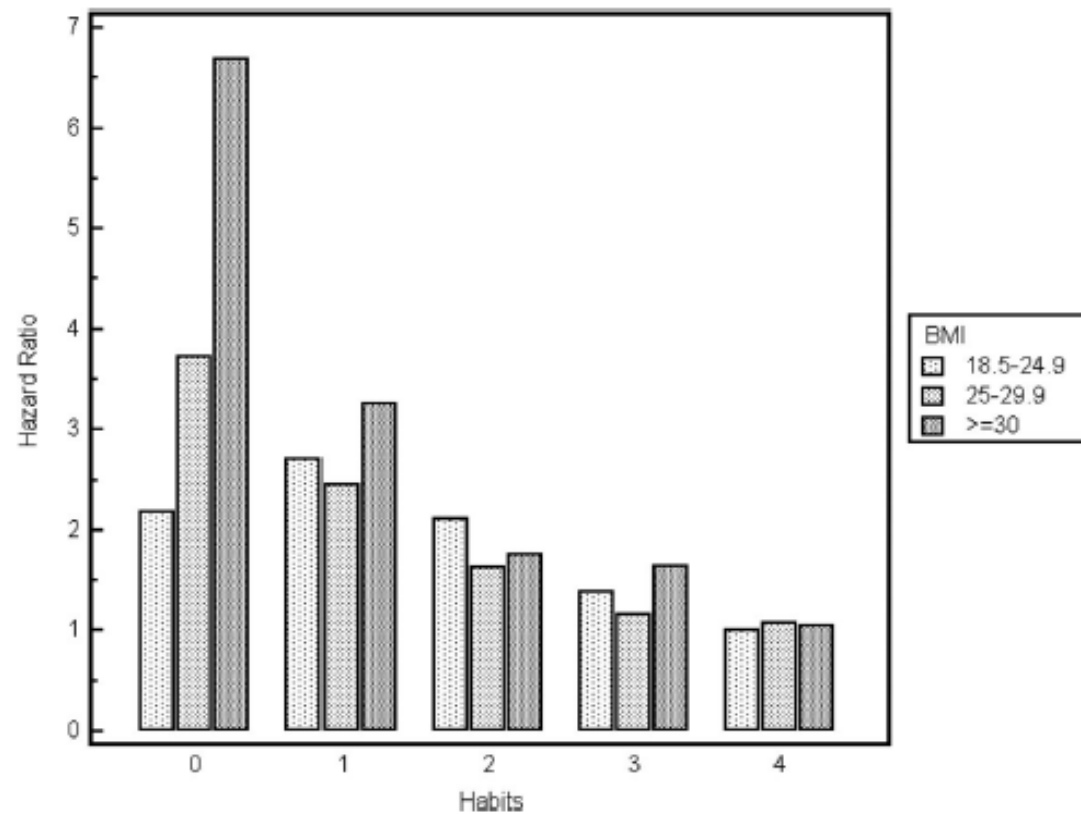
Hvad vil vi have?

Tyndhed eller

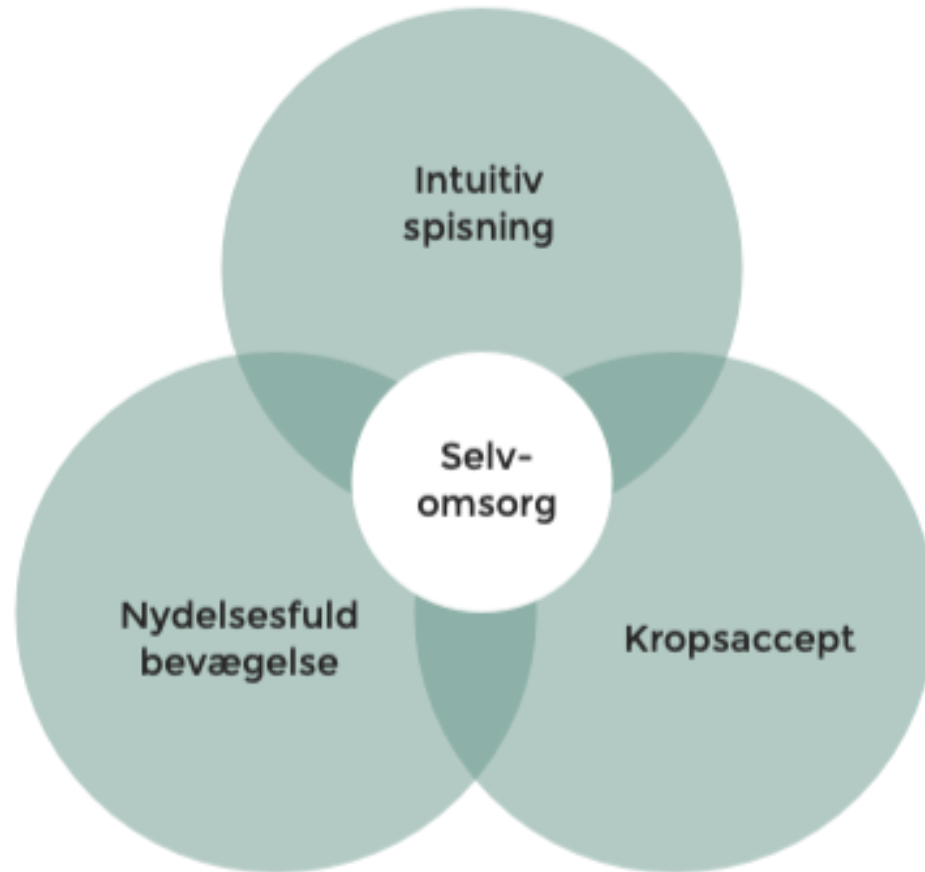
Sundhed?

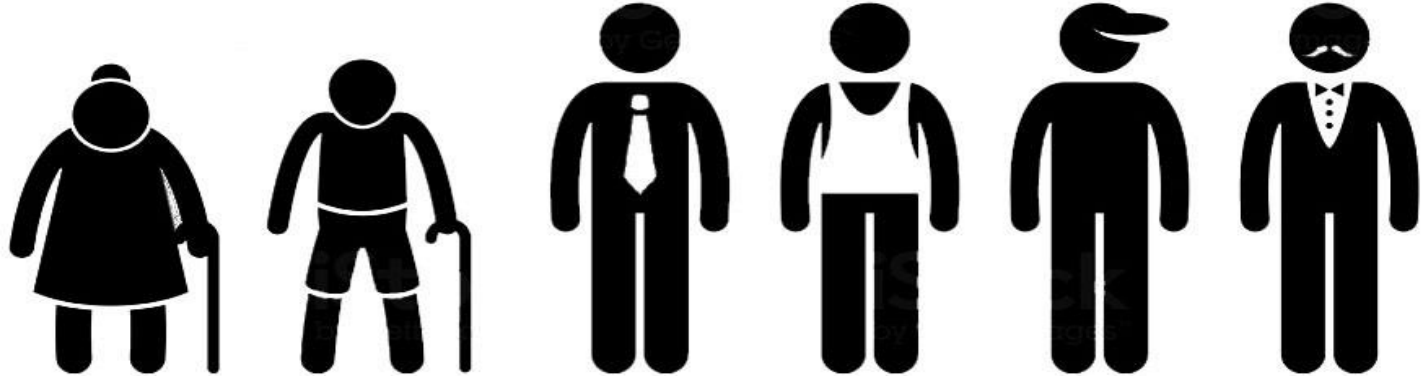
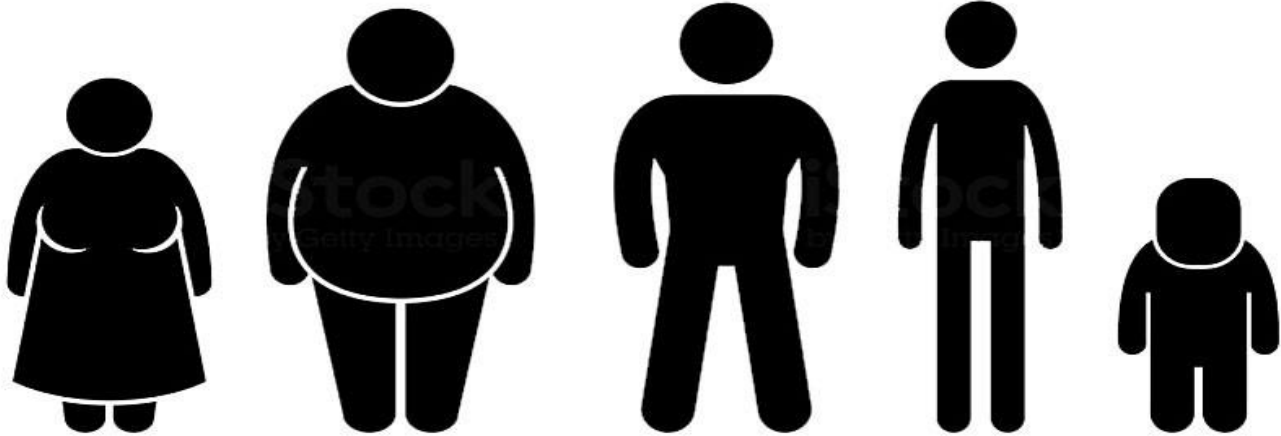
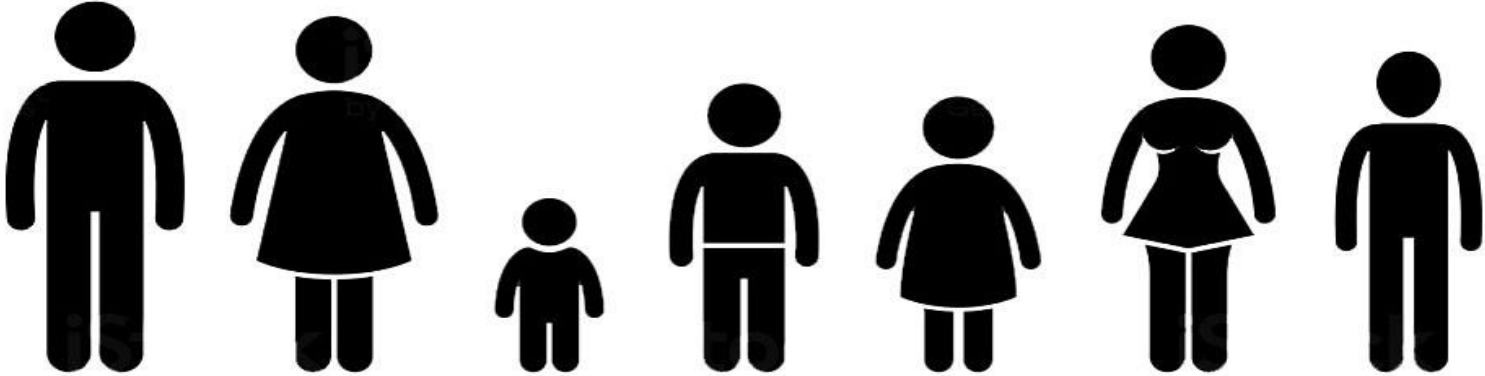
Sunde vaner bestemmer din prognose snarere end BMI

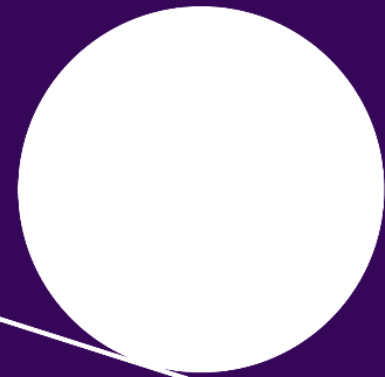
Figure 1. Hazard ratio for all-cause mortality by body mass index (kg/m²) and number of healthy habits (ie, fruits and vegetable intake, tobacco, exercise, alcohol). Data from Table 3.



Vægtneutral Sundhed







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& sundhed**



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