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L.M.A.A. –Lite and move to advance in age

A stage of life specific and an indication specific intervention for physical activity and healthy eating for overweight and obese people in new eastern states of Germany

Summary: Overweight and obesity increasingly gain on significance in healthcare policy and economics, which is associated with the high prevalence and rising risks for comorbidities and secondary diseases.

Overweight and obesity can influence the social life, mobility and quality of living and they are risk factors for several diseases. In further consequence overweight and obesity cause considerable costs in health care and macroeconomic.

Years of eating habits and inadequate physical activities affect the balance of energy needs and energy intake, what determine in close interaction the genesis of overweight respectively obesity.

On these ground the development of a health-conscious lifestyle in connection with change in behavior are in the focus of the following statements. In this regard, the introduced intervention for prevention and therapy of overweight and obesity base of the MoVo-process model. In this model the volitional self-regulation has a major role.

Key words: Obesity, intervention, epidemiology, etiology, costs

Background

Epidemiological data

The prevalence of overweight and obesity is in the adult population on a very high level in Germany. According to the study »Gesundheit in Deutschland aktuell 2012« are 67.1 % of men (n ≈ 26, 4 Mio.) and 53.0 % of women (n ≈ 21, 8 Mio.) of the 18- to 79-year-old population in Germany are affected with overweight and obesity (see RKI, 2014). Concerning the gender perspective the prevalence of obesity is 23.9 % for women (n ≈ 5, 2 Mio.) and 23.3 % for men (n ≈ 6,16 Mio.)

The age structure of the German population changes strongly for many years. And the development of the body weight has got a strong correlation with age: The prevalence of overweight and obesity increase with the growing older of men and women. In this context it is observed a extreme increase of overweight in young adulthood (see MENSINK et al., 2013). So, there are overweight 35.3 % among 18- to 29-year-old men, whereas there are already 62.4 % in the 30 to 39 years old.

In both genders can be ascertained an increasing of obesity up to a high age of life (see *ibid.*). However more women are obese at the age of 70 years old than men at the same age (31.3 %).

There are special feature in the consideration of overweight and obesity by social state. The prevalence of obesity of women decreases in all groups of age dependent on socioeconomic state, whereas such a trend isn't identifiable by men (see *ibid.*). However, it can be noticed a decrease of the proportion of obese with the increasing of socioeconomic state both women and men.

A regional consideration indicates that obesity of women is more occur in eastern states of Germany than at women in western states of Germany. For men, however, there is no especially regional anomaly. But the women in eastern states of Germany more often suffer at the age of 60 years old on obesity like men at the same age (see MENSINK et al., 2013).

Health economics data

In the context of the KORA-region of study were ascertained the direct costs of contacts with outpatient physicians and of hospitalization and also the prescribed medicines with the classification of BMI in mind (see VON LENGERKE et al., 2006). According to the study the expenses amount to 847,50 EUR per year for normal weight subjects. At a BMI of 30-34,9 kg/m² (obesity grade I) the