

Nezdravé názory na zdravé stravování

Celostátní odborná konference Fóra zdravé výživy

IKEM, Praha

18. 10. 2023

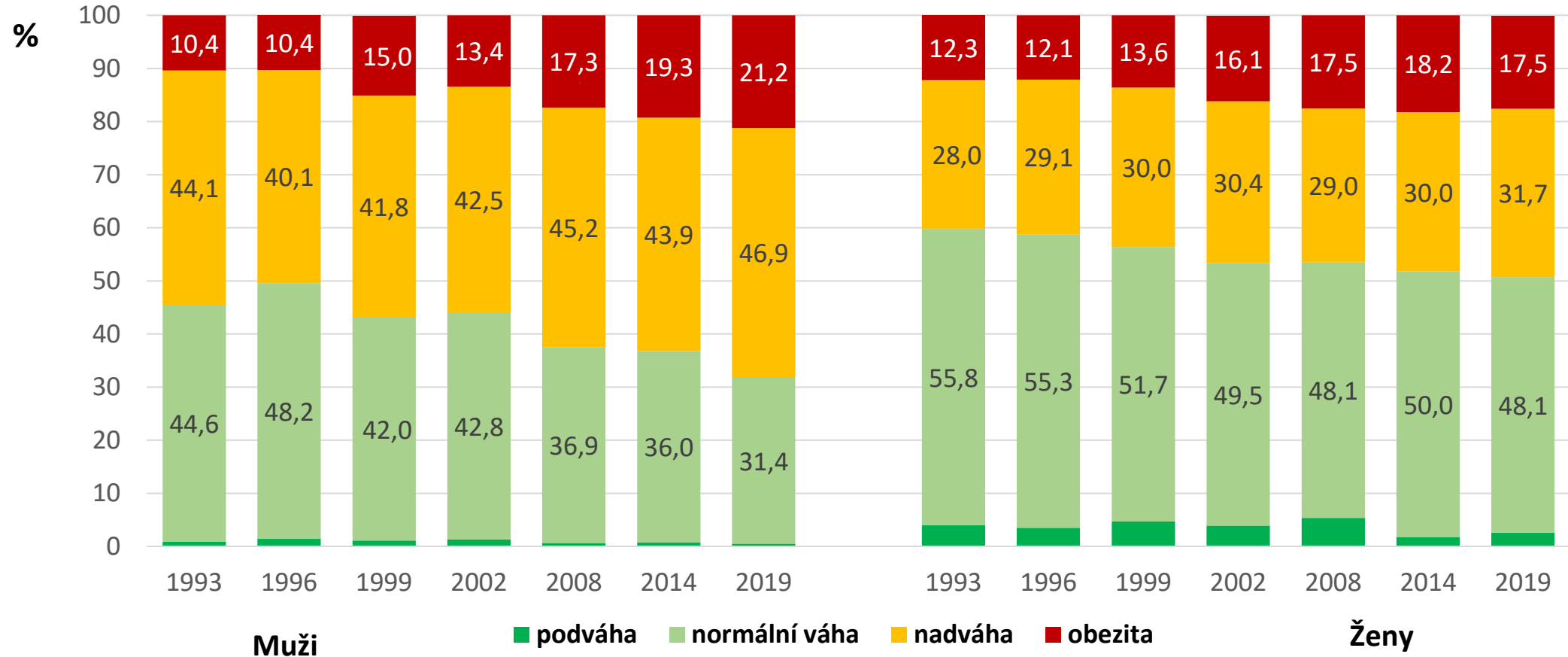
Obezita – rizika a řešení

Rudolf Poledne

IKEM

Vývoj obezity v ČR za období 1993–2019 (populace 15+)

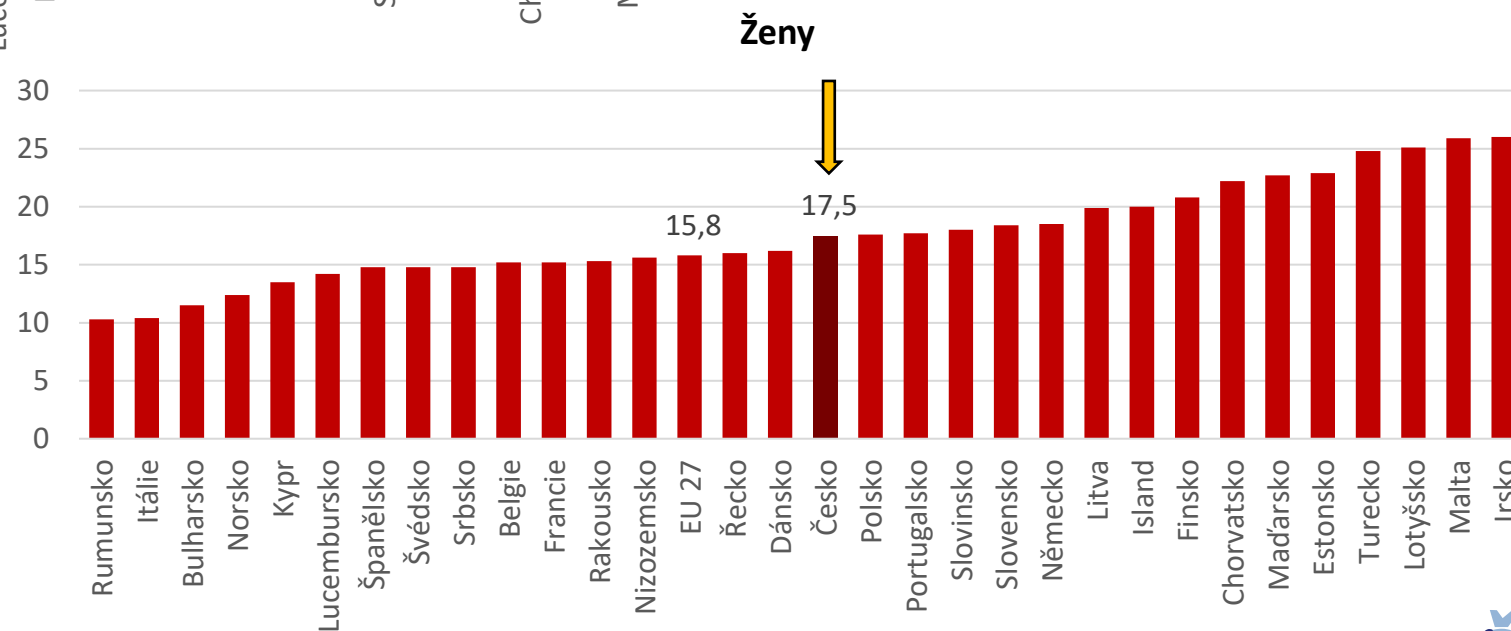
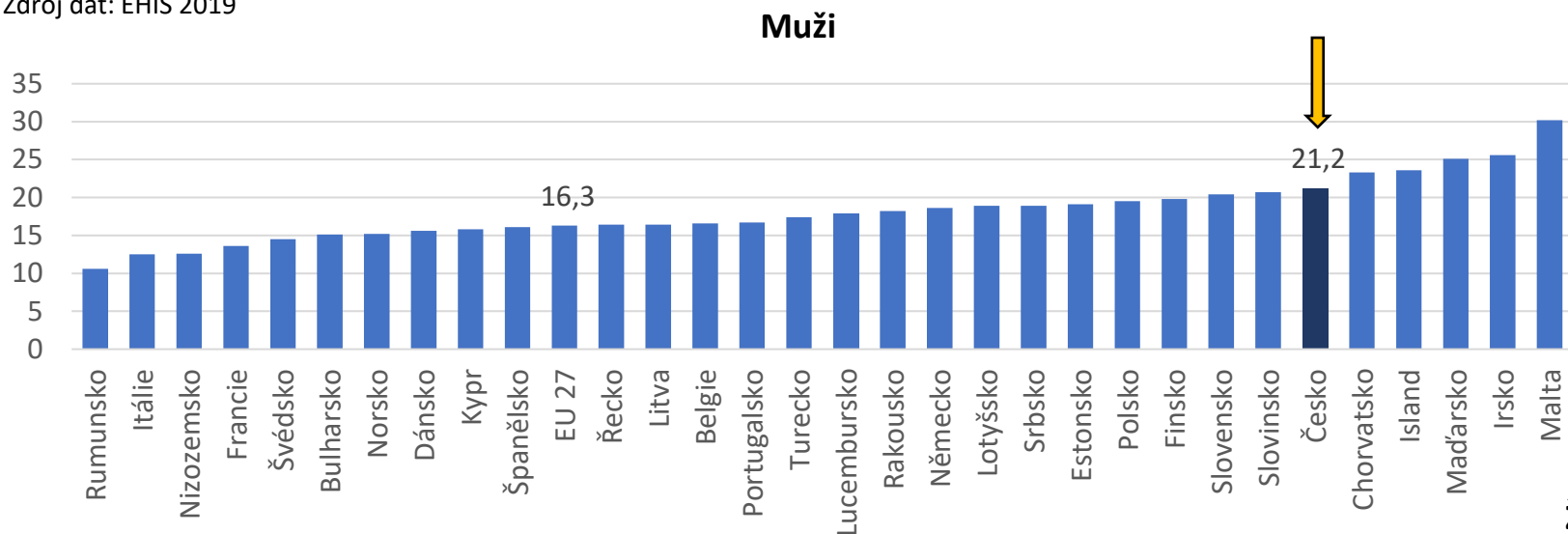
Zdroj dat: (E)HIS 1993–2019



Nadváhou nebo obezitou trpělo v roce 2019 více než 2/3 mužů a zhruba polovina žen. Podíl osob s obezitou dlouhodobě roste, zatímco v roce 1993 bylo obézních zhruba 10 % osob ve věku 15 a více let, v roce 2019 to byl již zhruba dvojnásobek.

Podíl obézních v zemích EU (2019, populace 15+)

Zdroj dat: EHIS 2019



Podíl obézních osob v ČR je ve srovnání s ostatními zeměmi EU nadprůměrný, zejména u mužů patří Česko k zemím s nejvyšším podílem obézních osob.

Skutečný současný výskyt nadváhy a obezity v české populaci

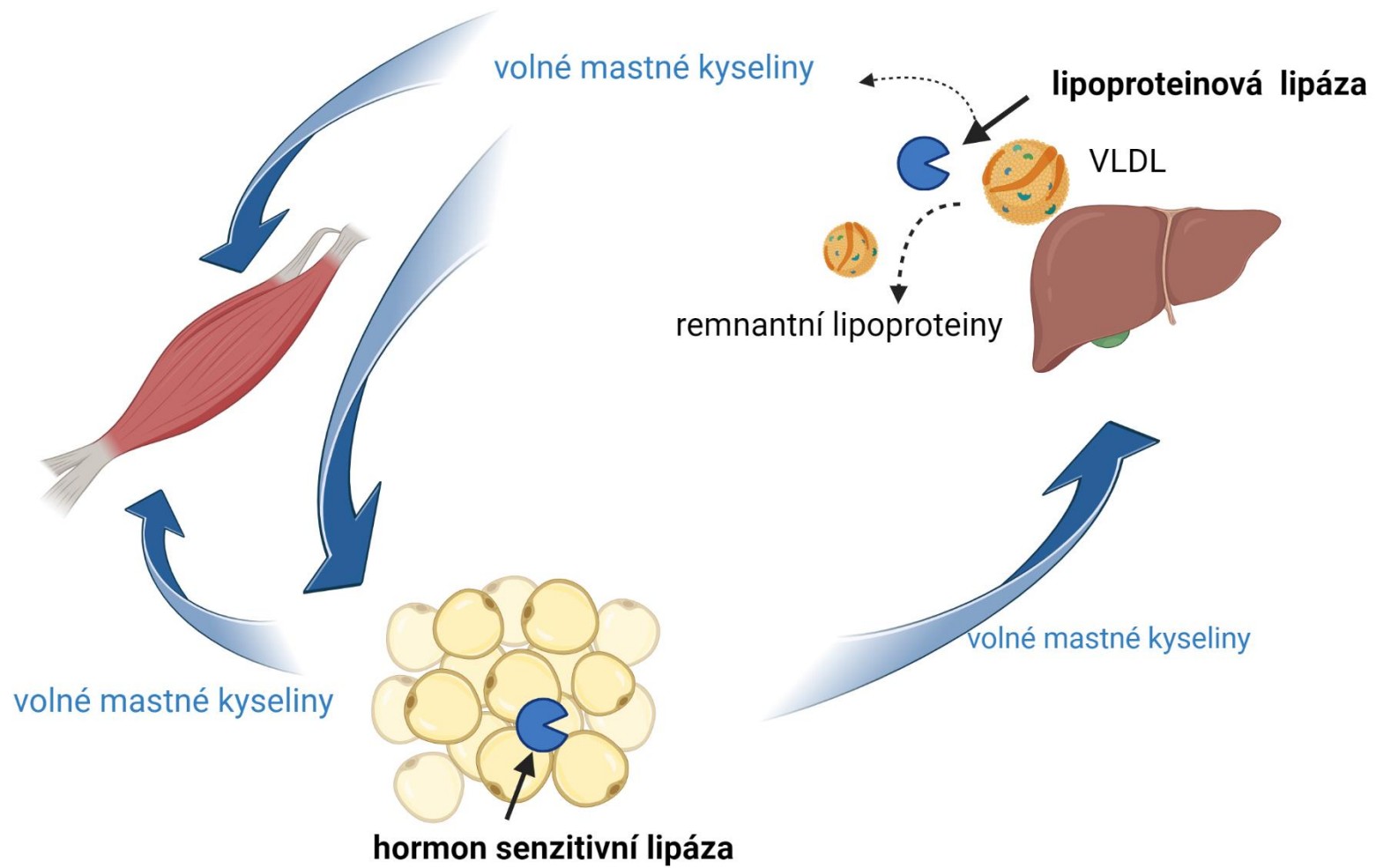
Muži

nadváha		obezita	
68 %	82 %	21 %	37 %

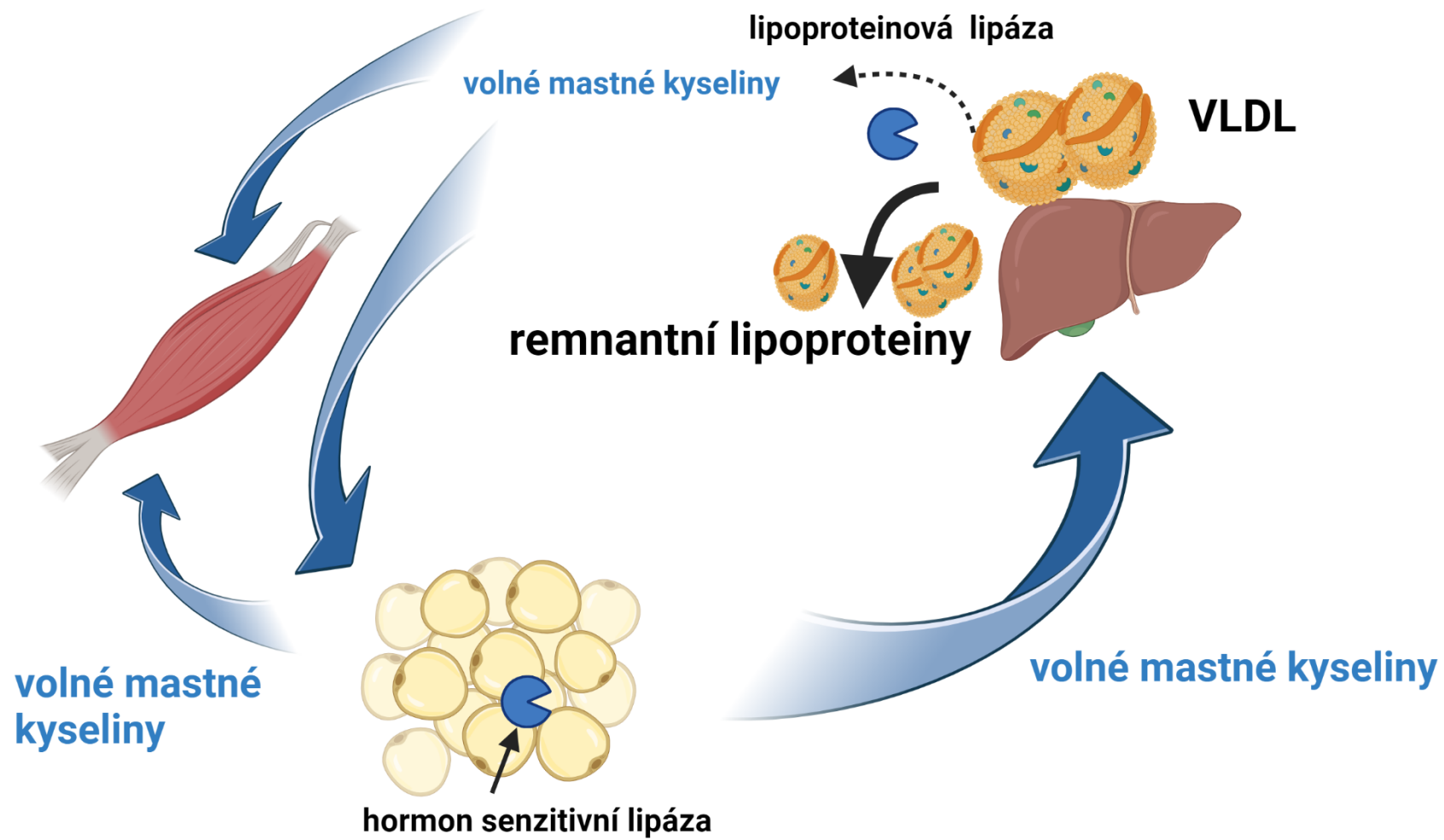
Ženy

nadváha		obezita	
49 %	60 %	18 %	28 %

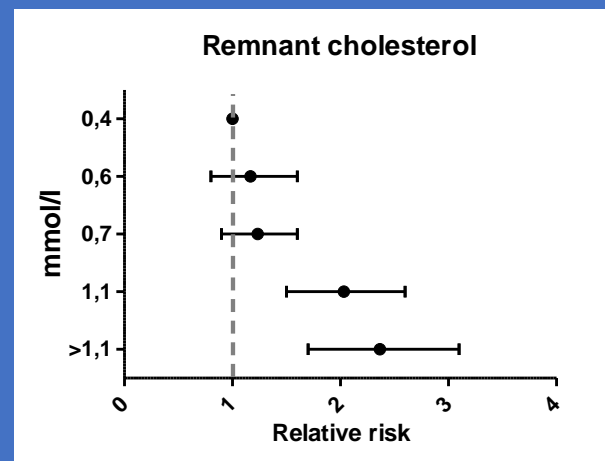
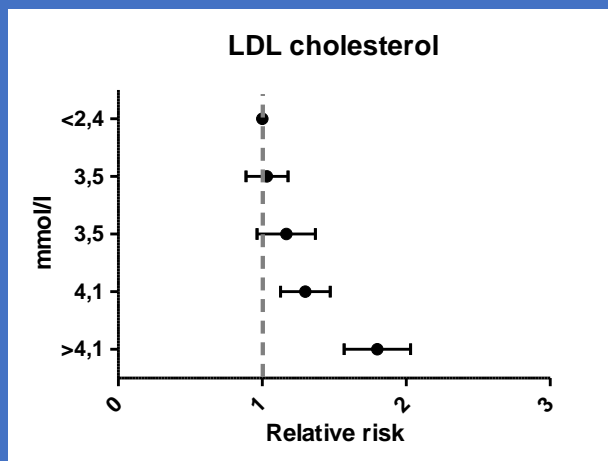
Tuková tkáň a aterogenní lipoproteiny



Inzulínová rezistence



Relativní riziko ischemické choroby srdeční

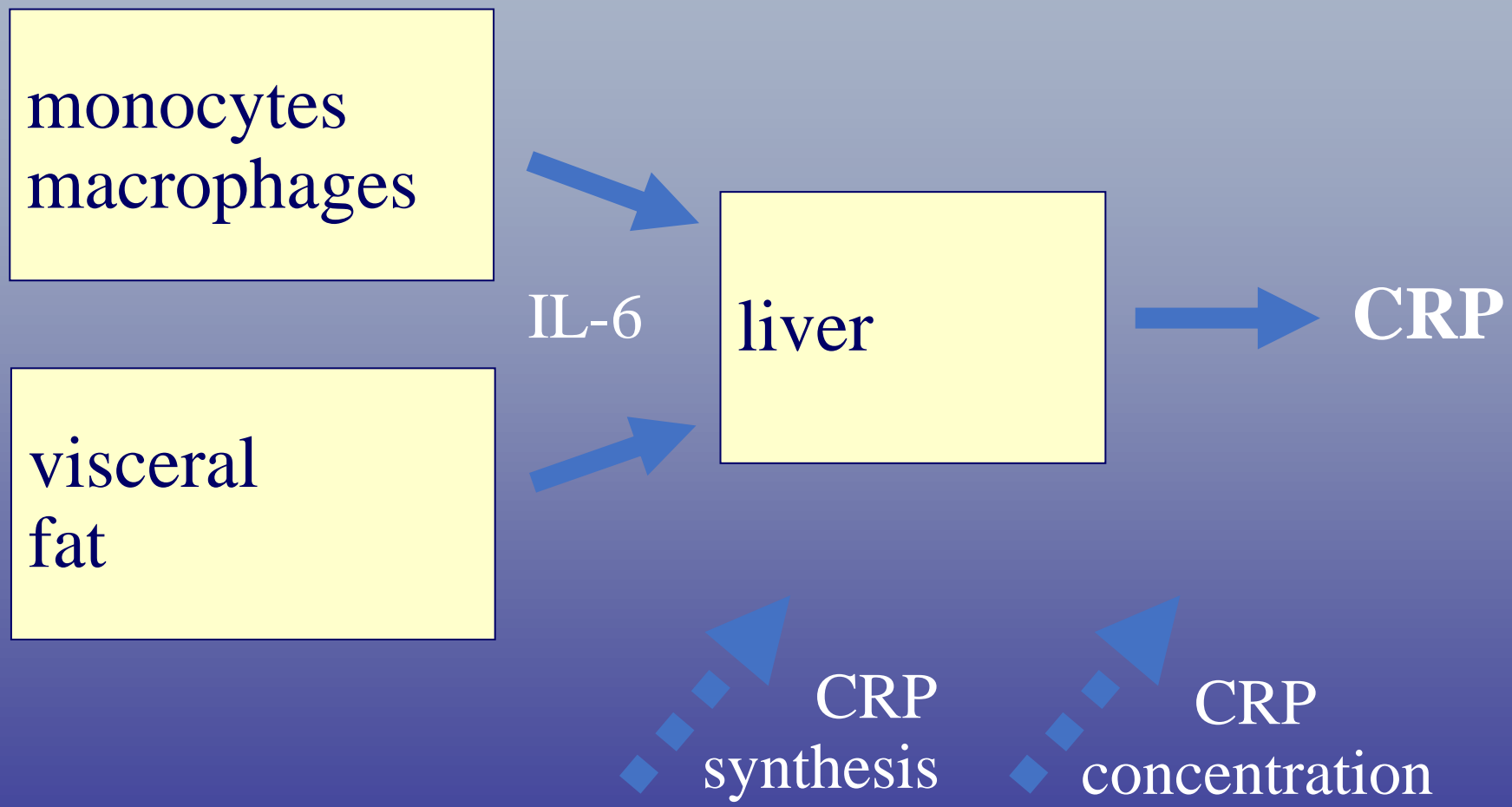


Copenhagen Heart Study (n=47 tis.)

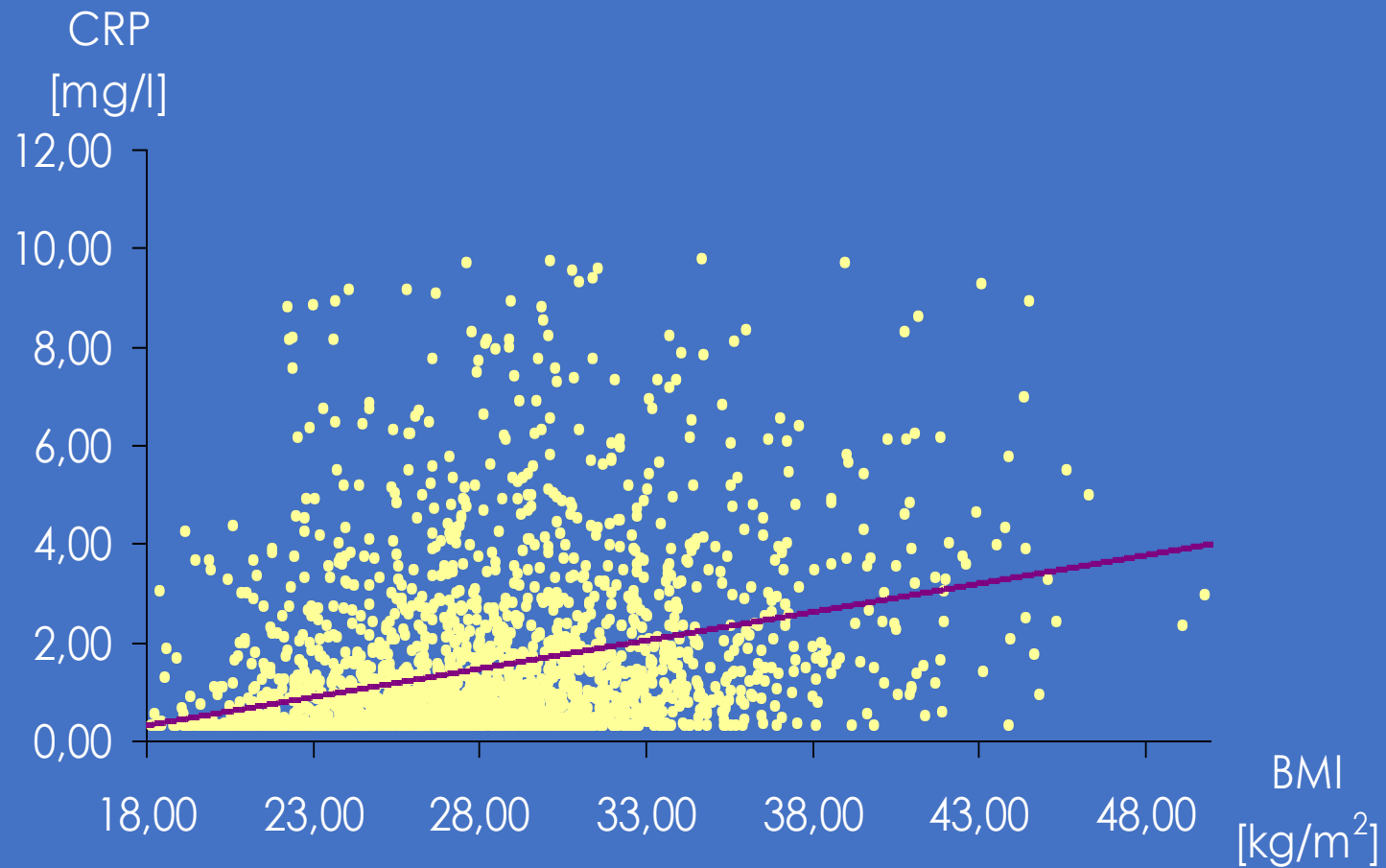
Tuková tkáň a proinflamační stav

Riziko IM a koncentrace CRP

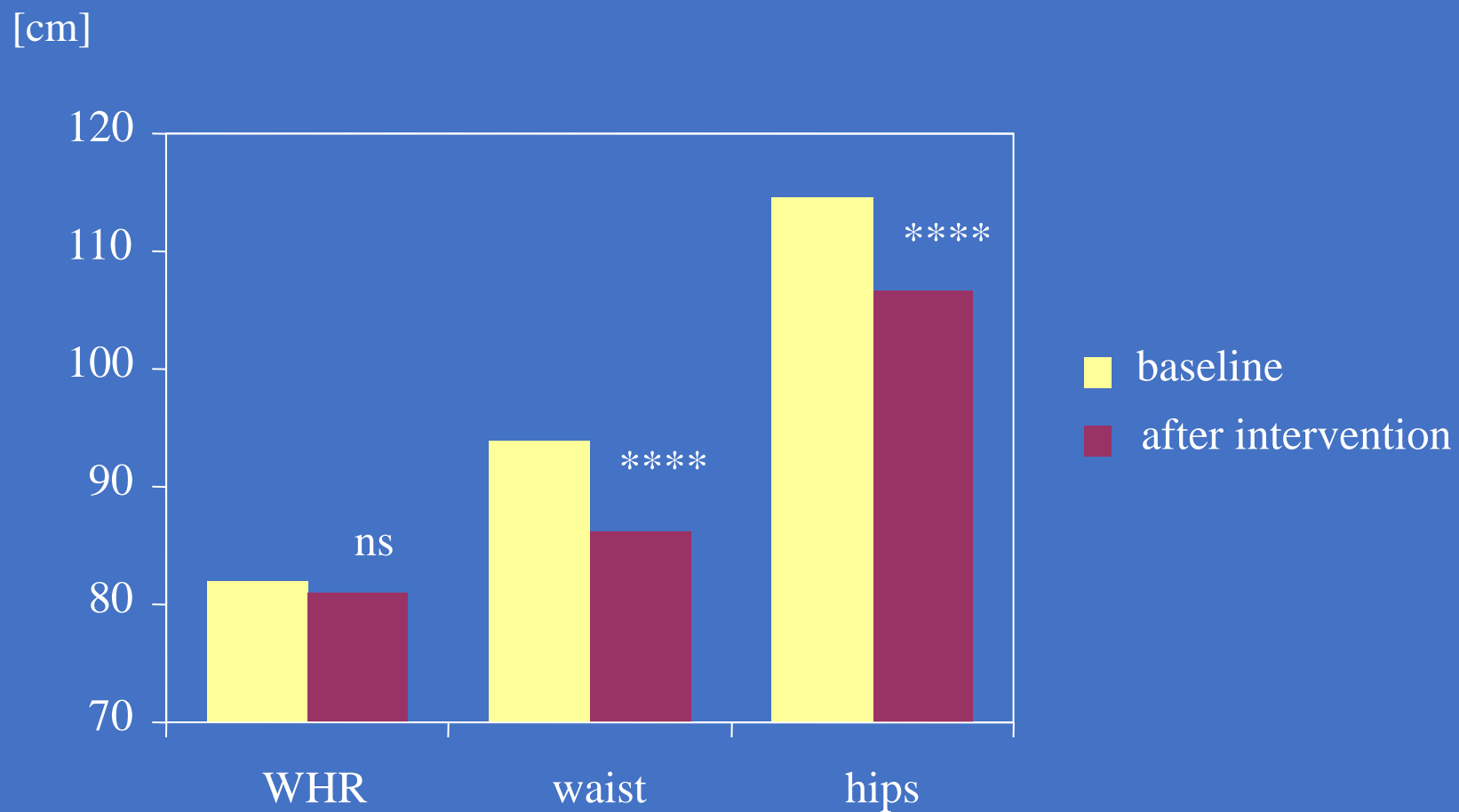
- nízké riziko CRP < 1 mg/l
- střední riziko CRP 1- 3 mg/l
- vysoké riziko CRP > 3 mg/l



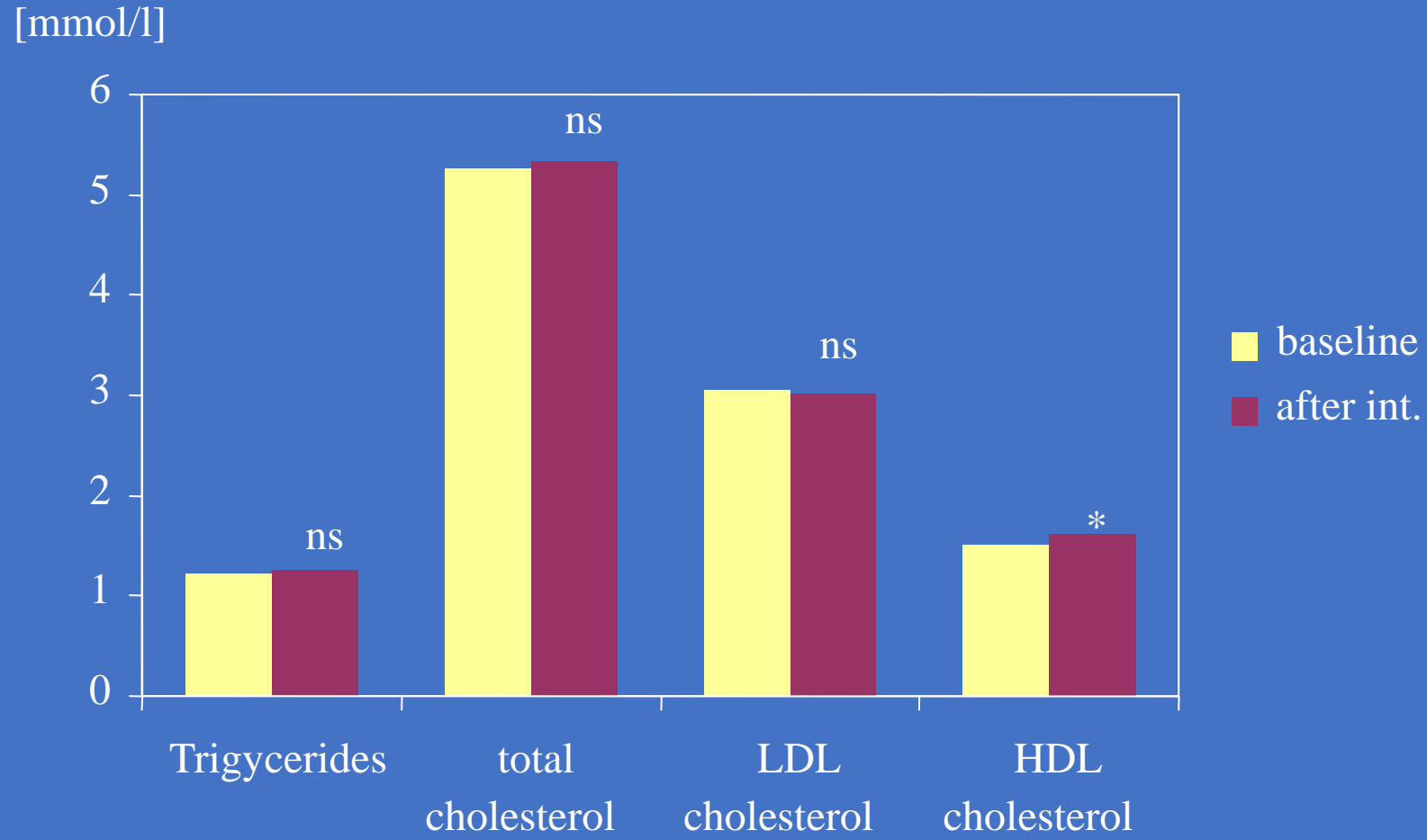
BMI and CRP



Changes in anthropometric parameters

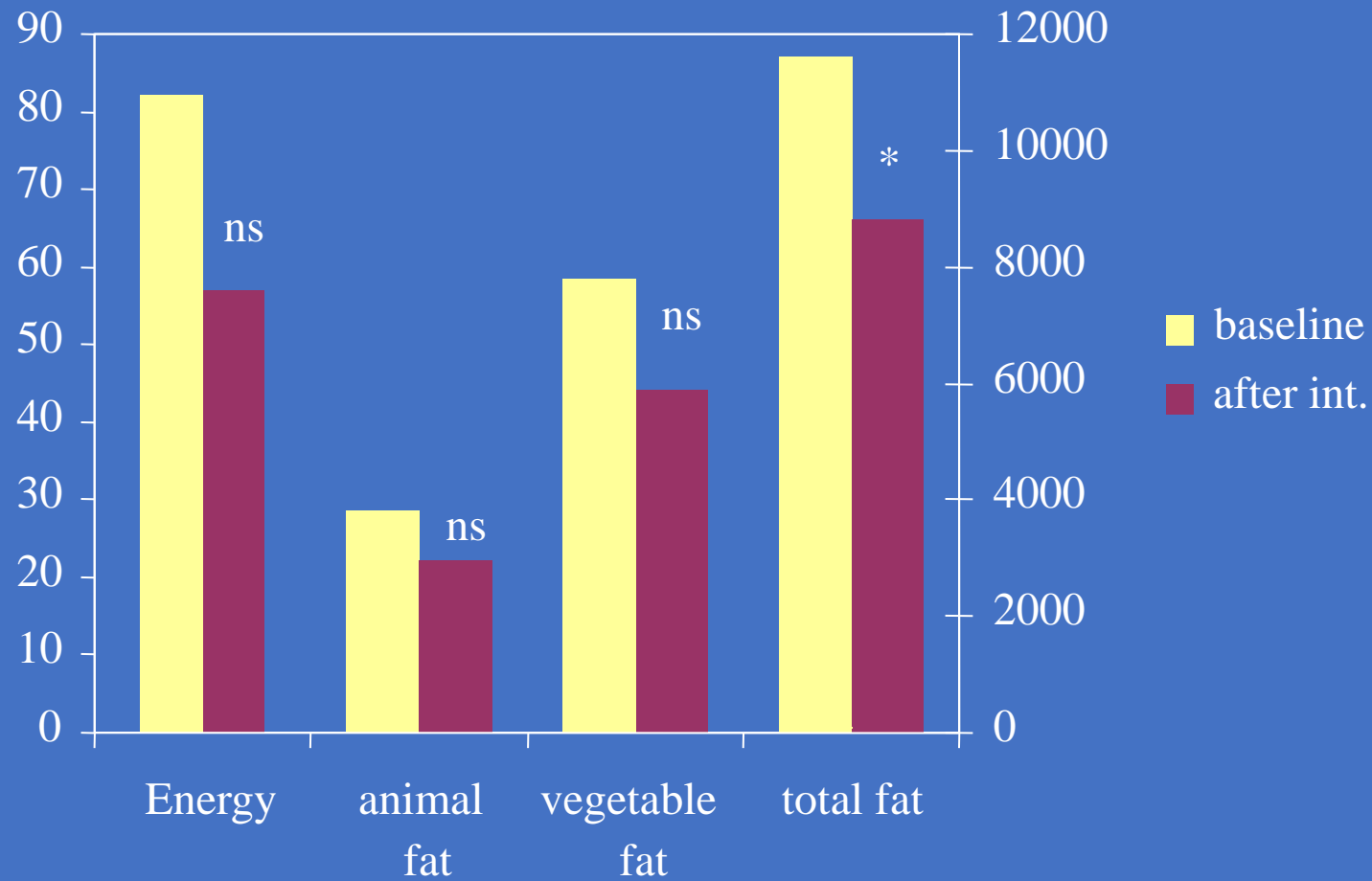


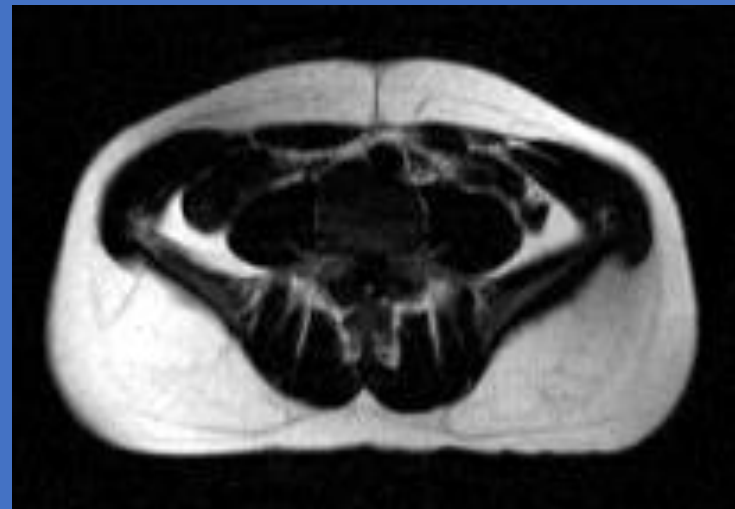
Changes in lipoprotein parameters



Energy and fat intake

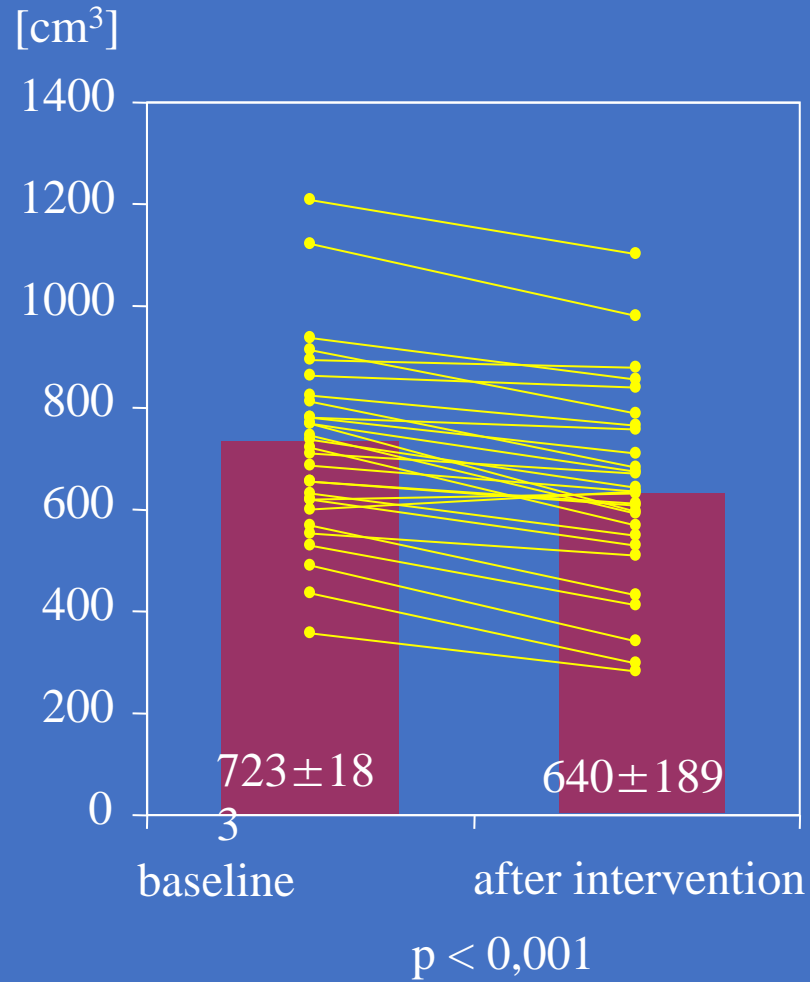
[mmol/l]



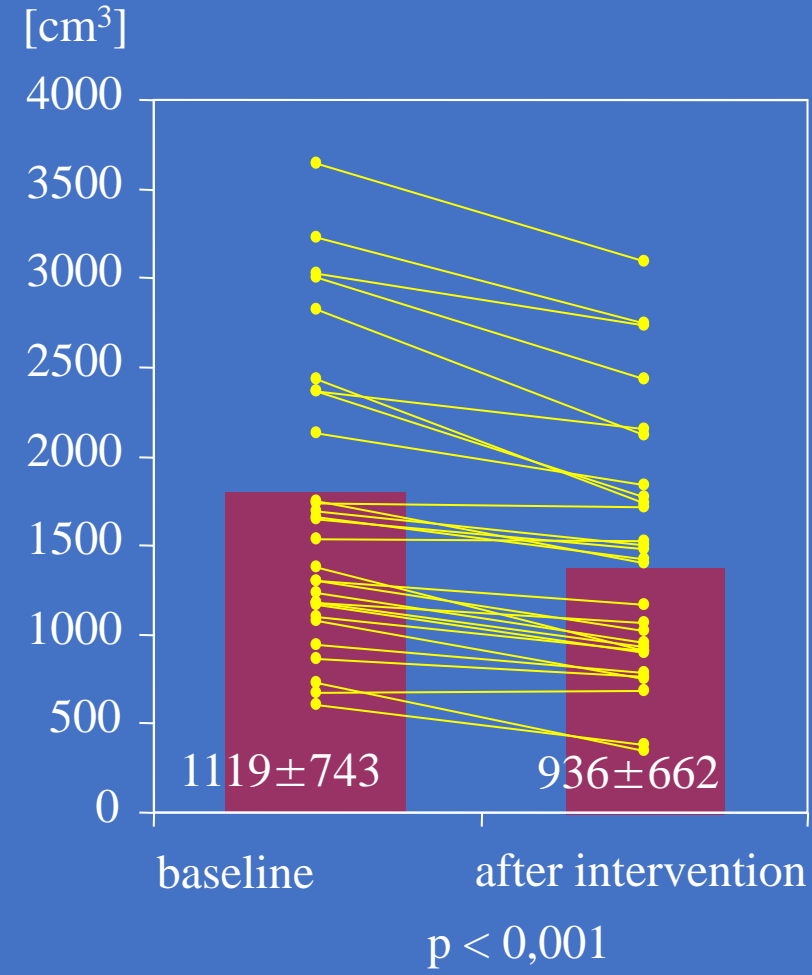


Subcutaneous fat

Visceral fat



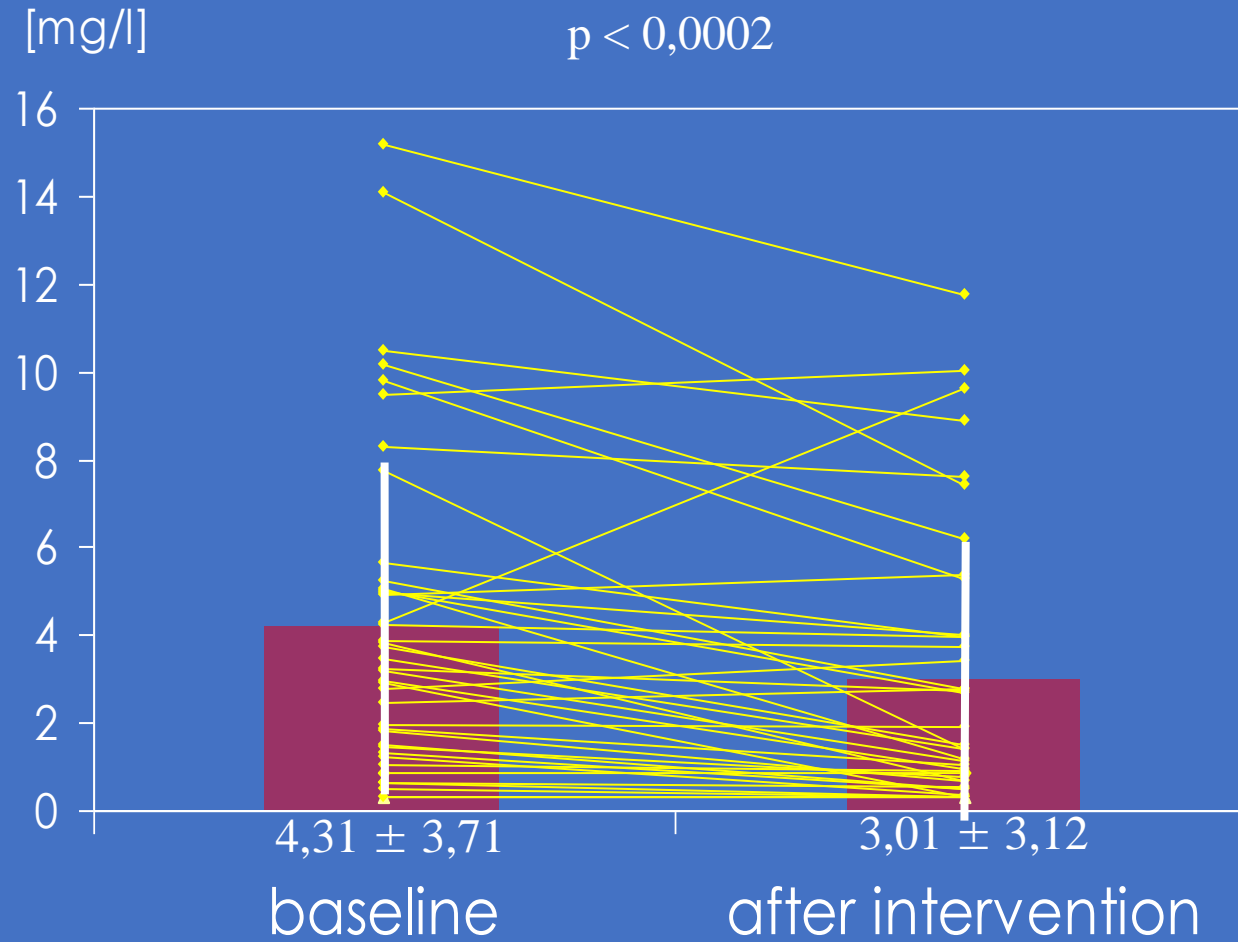
12 %



18 %

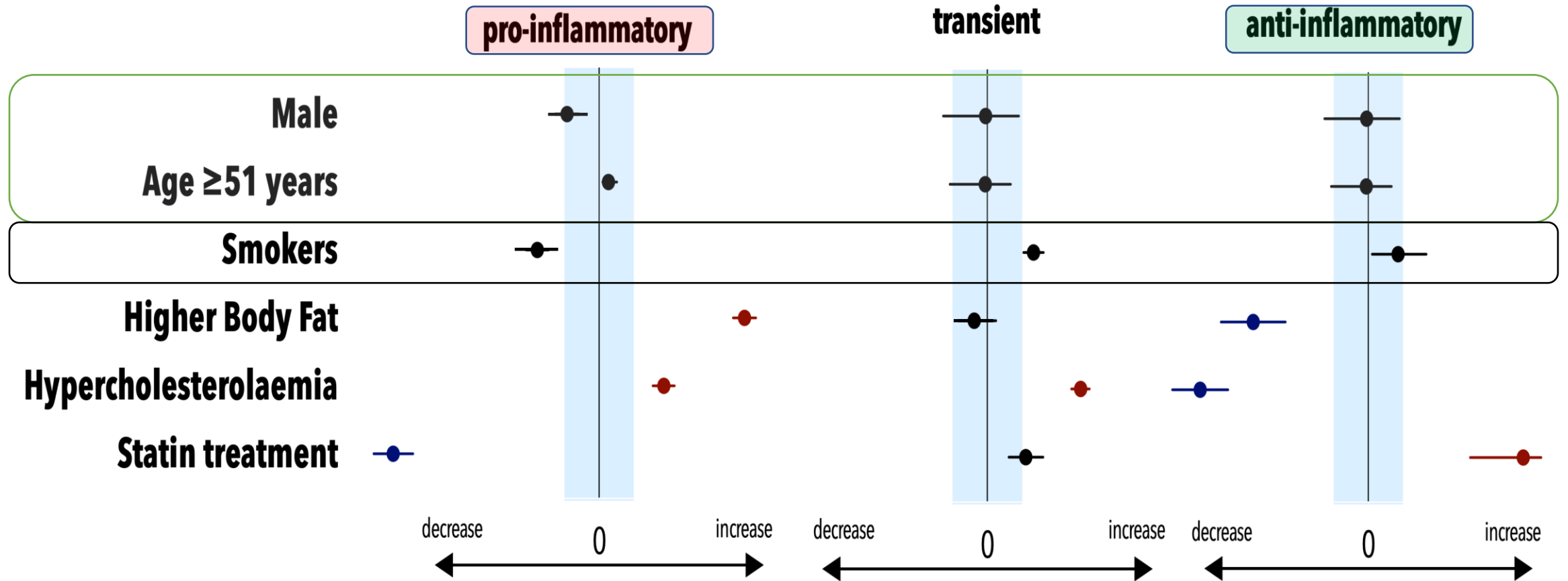
n=29

C-reactive protein



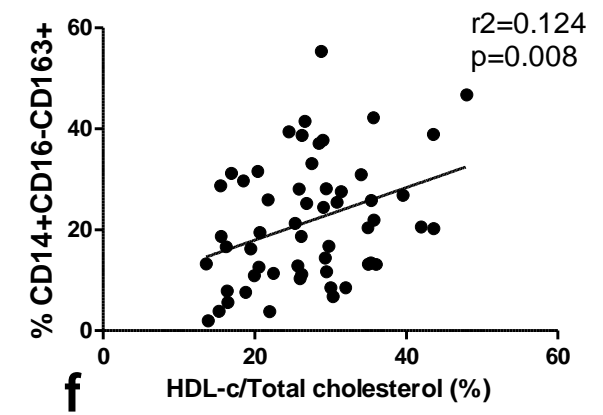
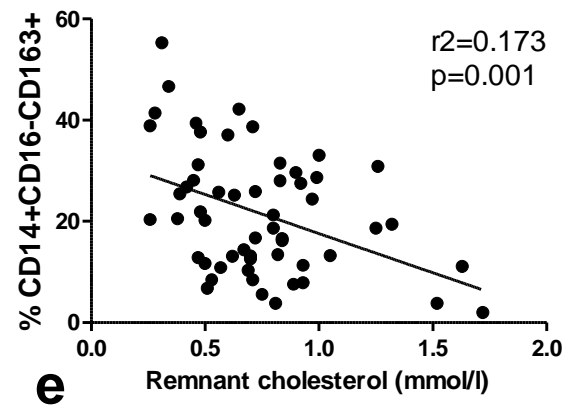
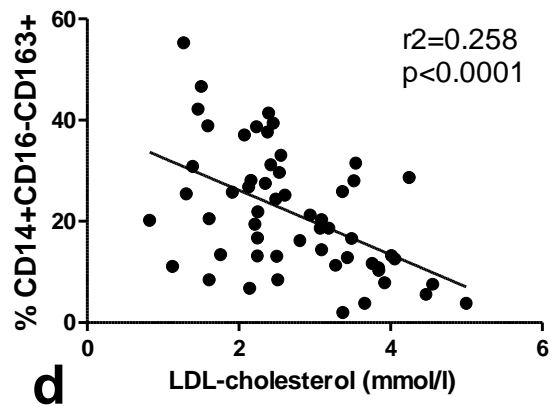
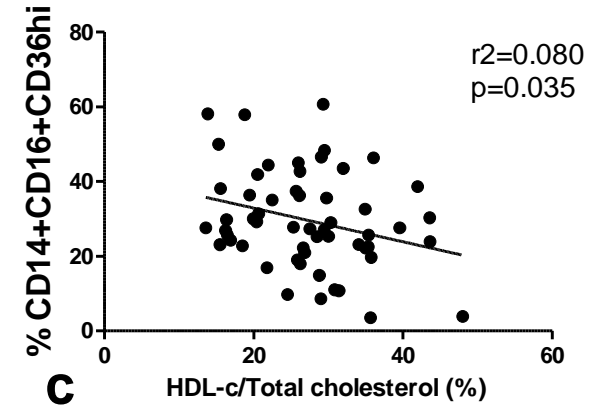
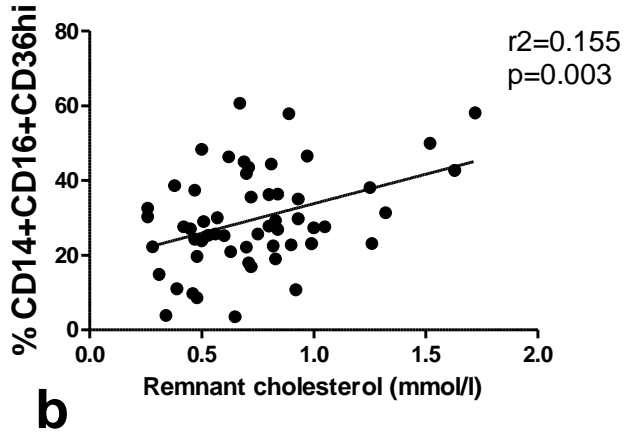
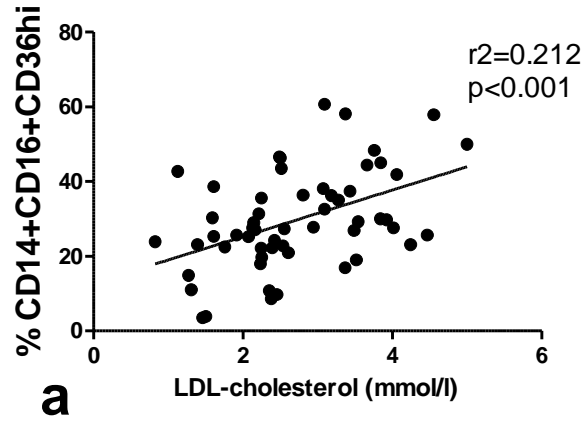
Makrofágy tukové tkáně

Asociace prediktorů aterosklerózy se subpopulacemi makrofágů v tukové tkáni

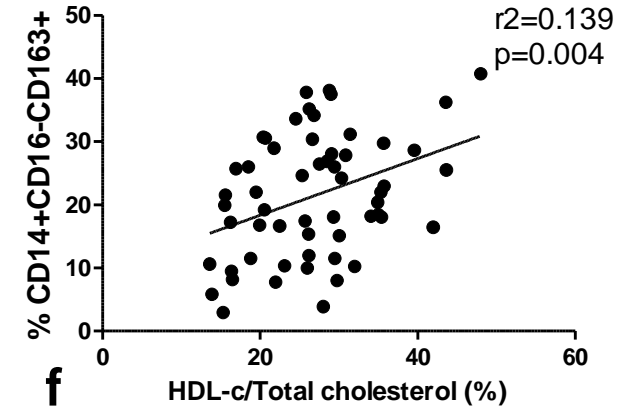
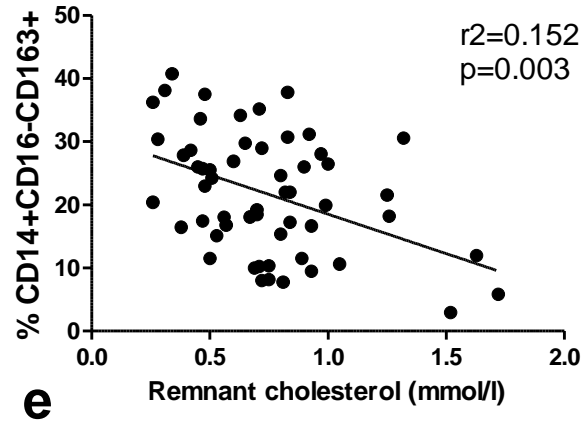
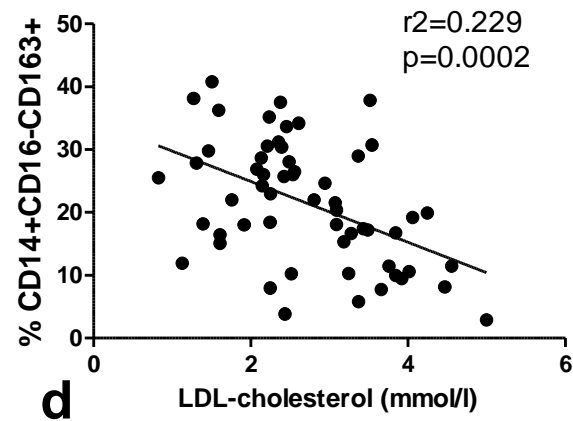
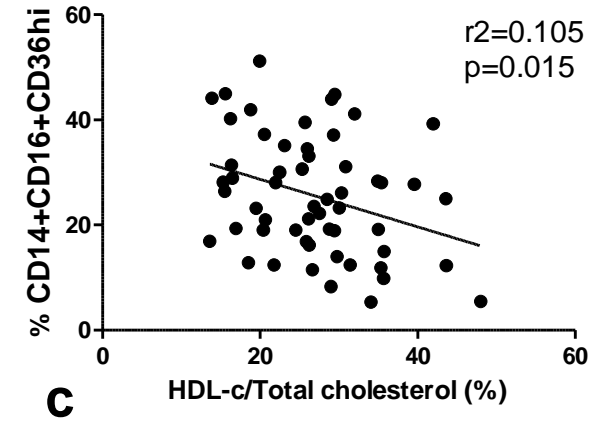
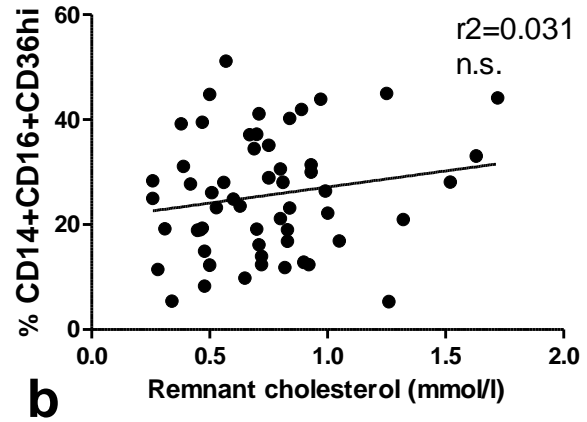
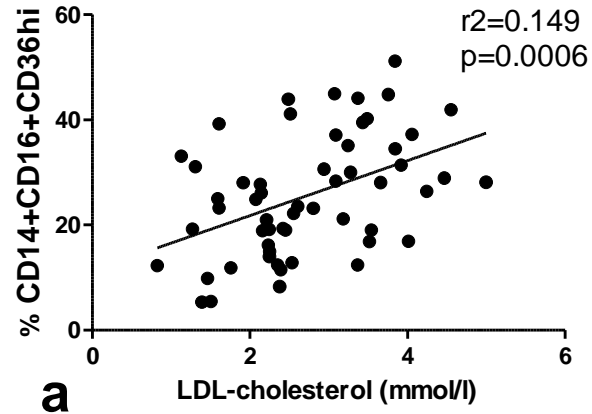


From: Kralova Lesna et al: Eur J Prev Cardiol, 2018..

Visceral adipose tissue macorphages

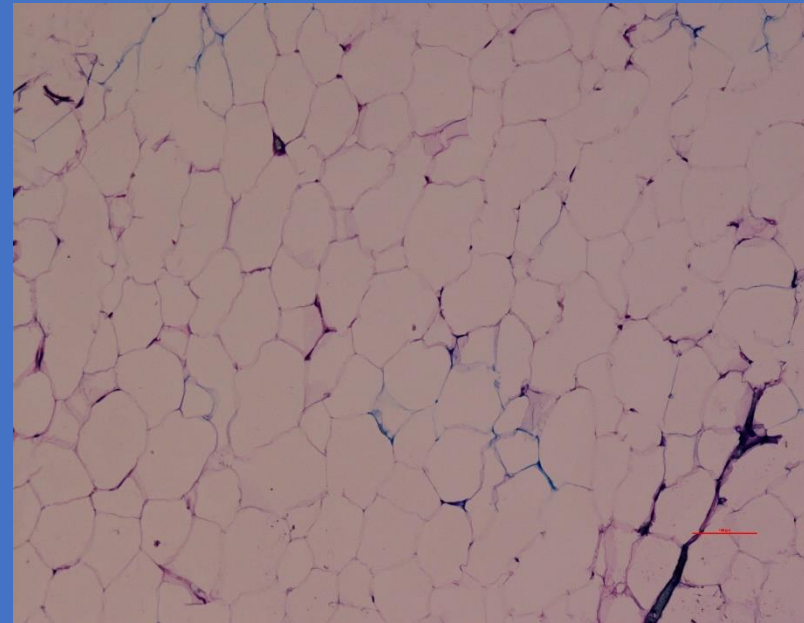
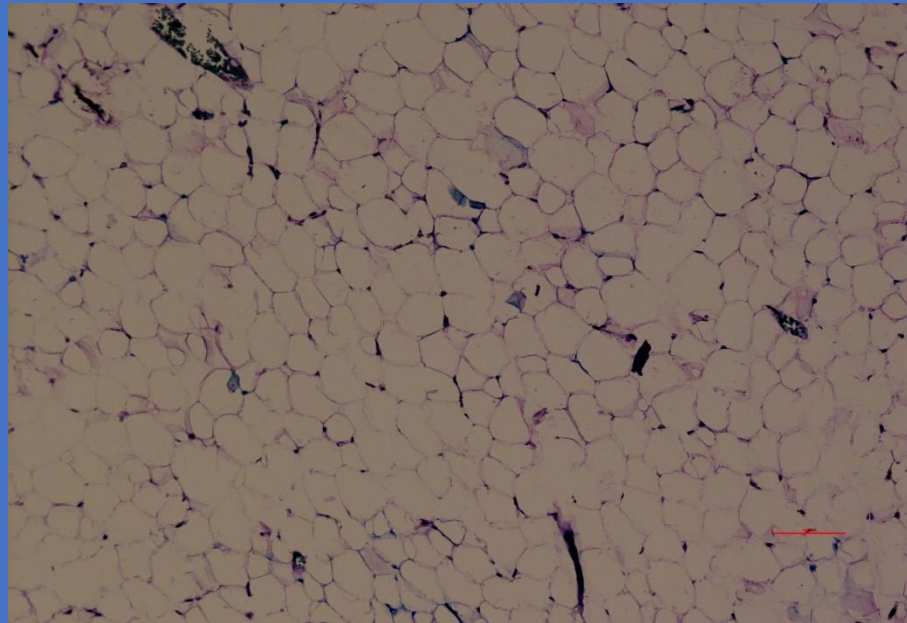


Perivascular adipose tissue macrophages

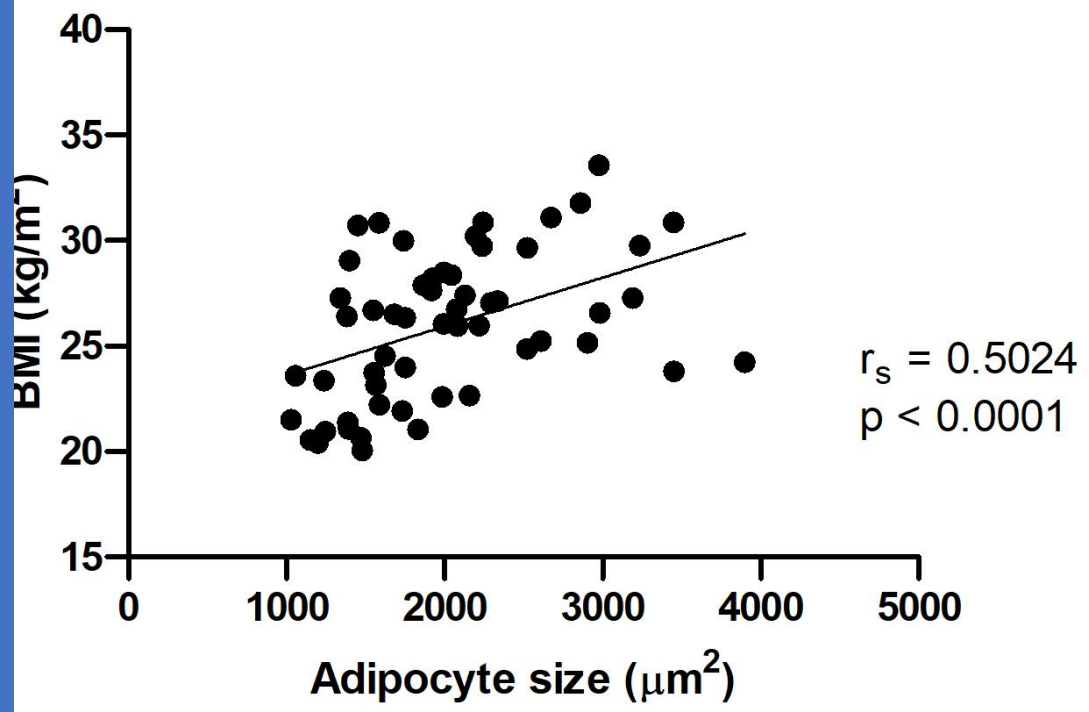


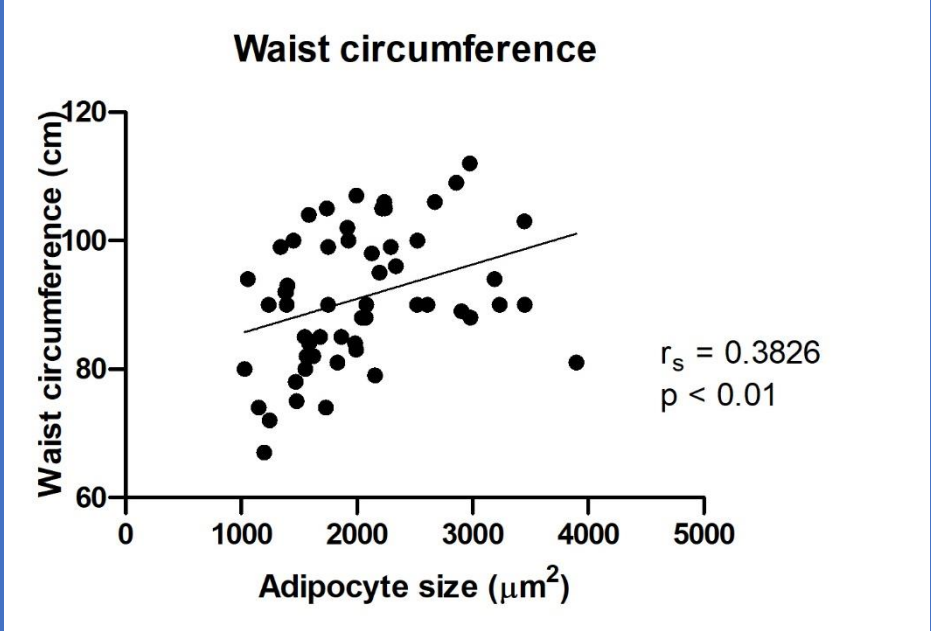
Velikost adipocytů a kardiovaskulární riziko

Porovnání velikosti lidských adipocytů

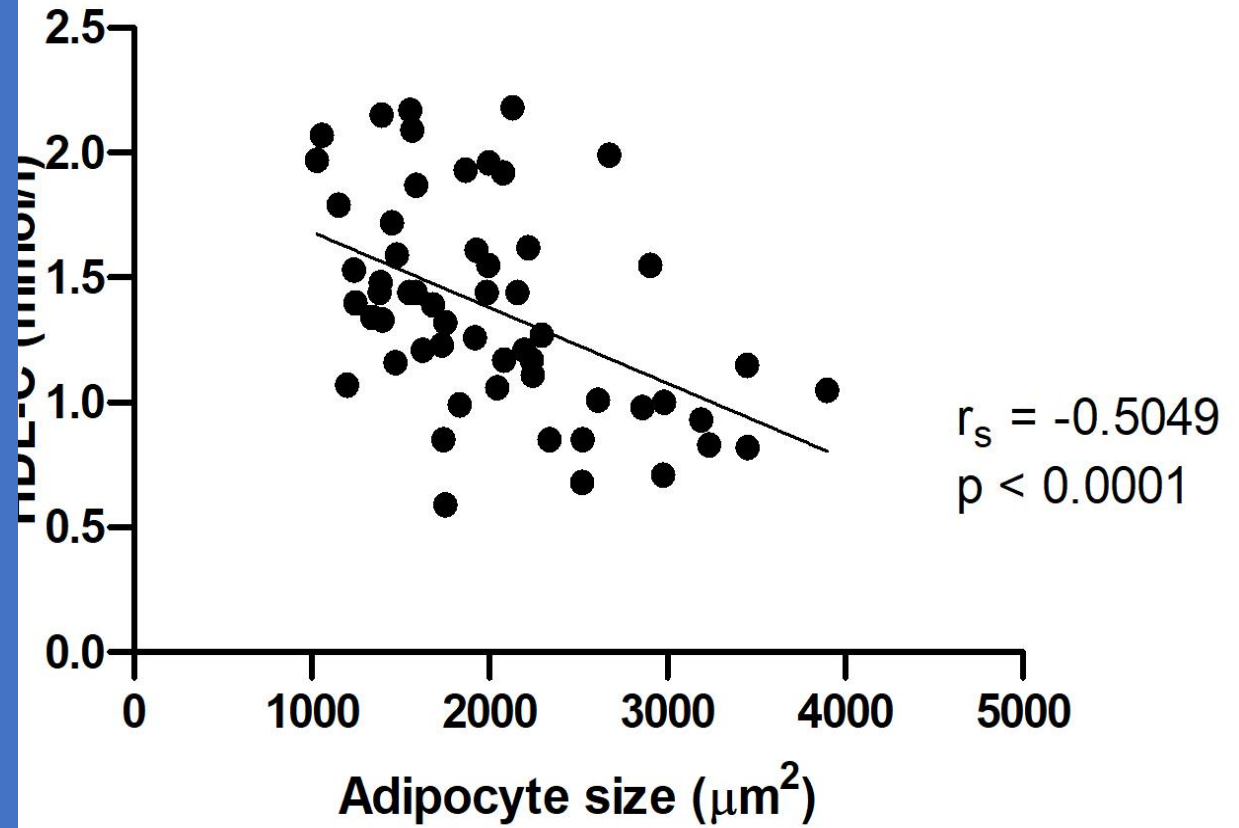


BMI

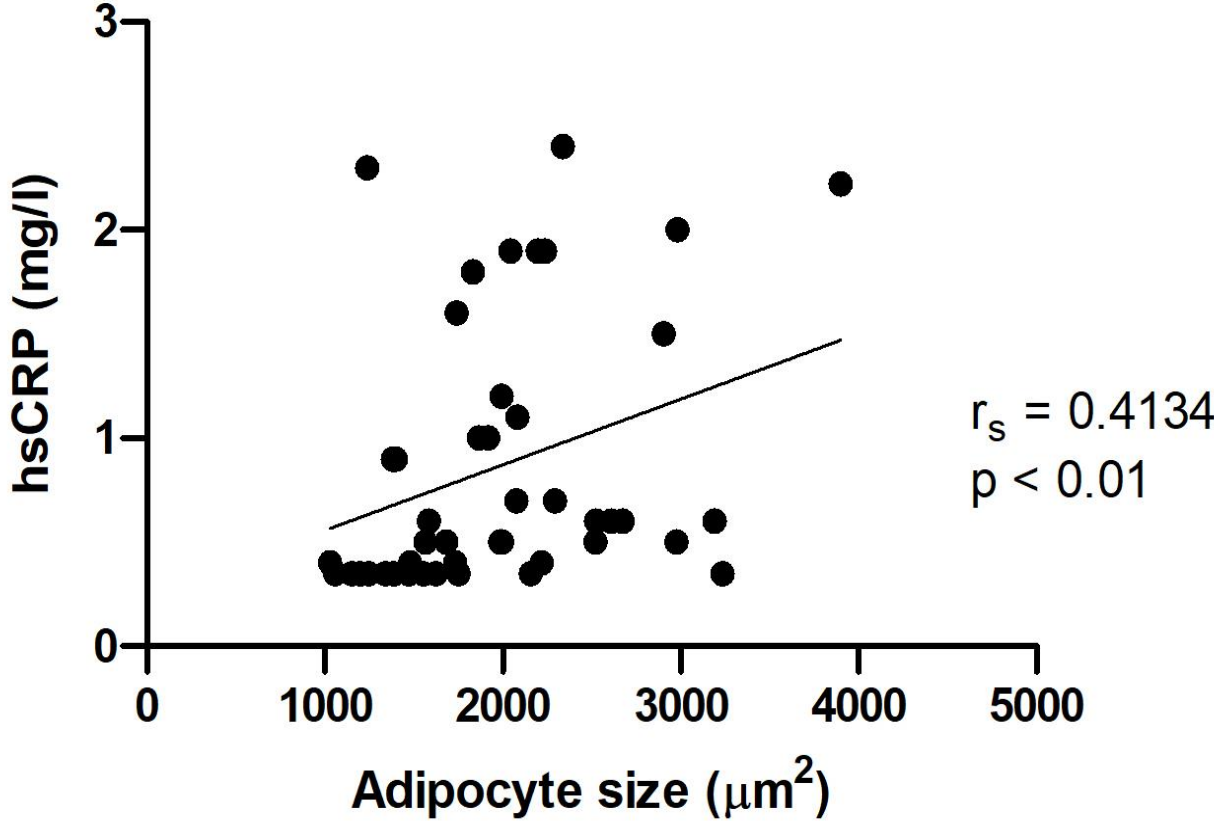




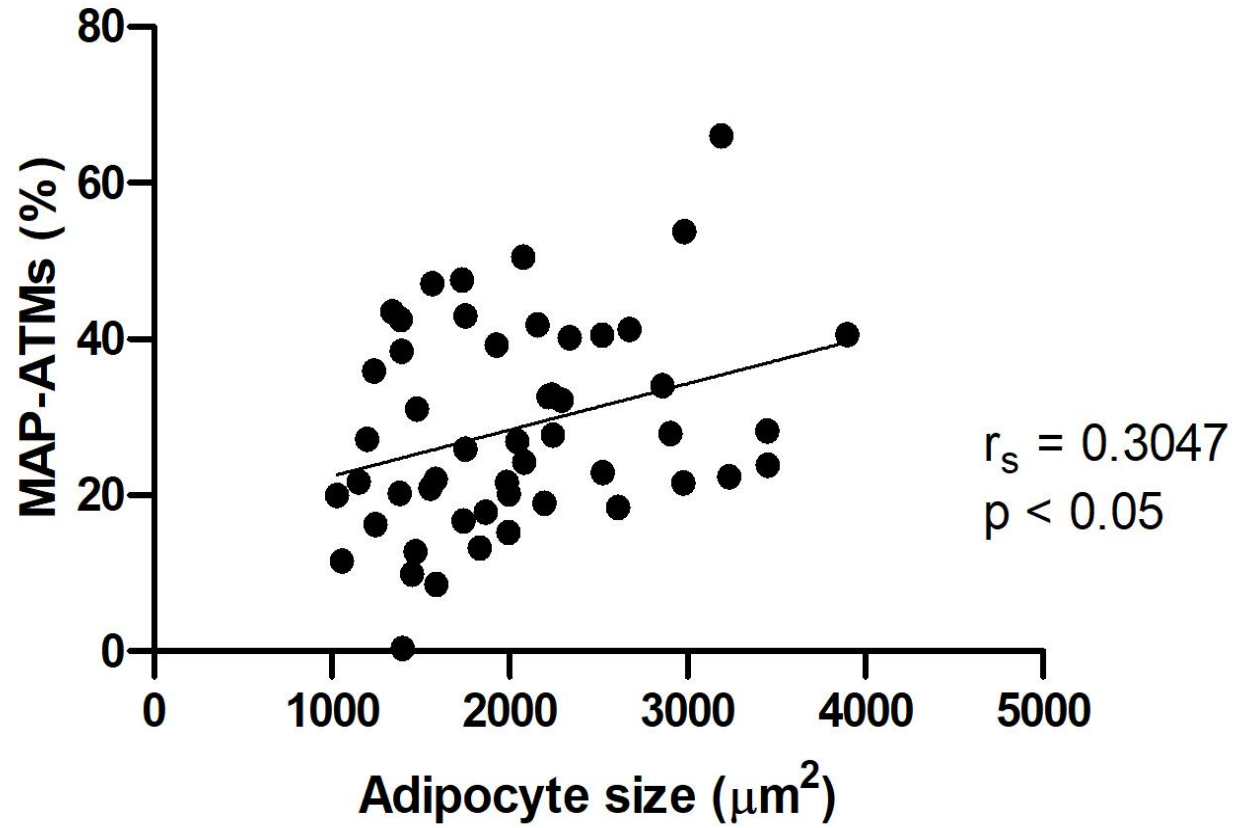
HDLC



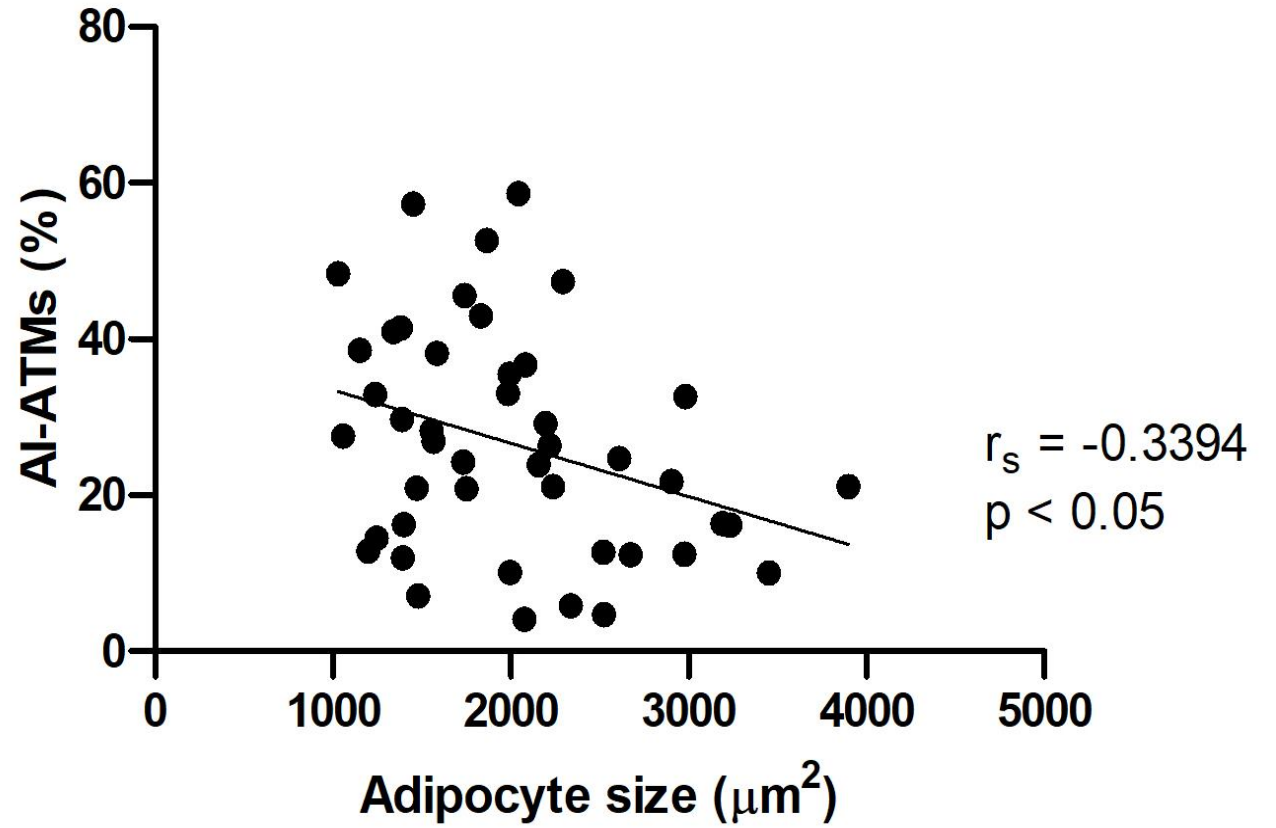
hsCRP



PVAT

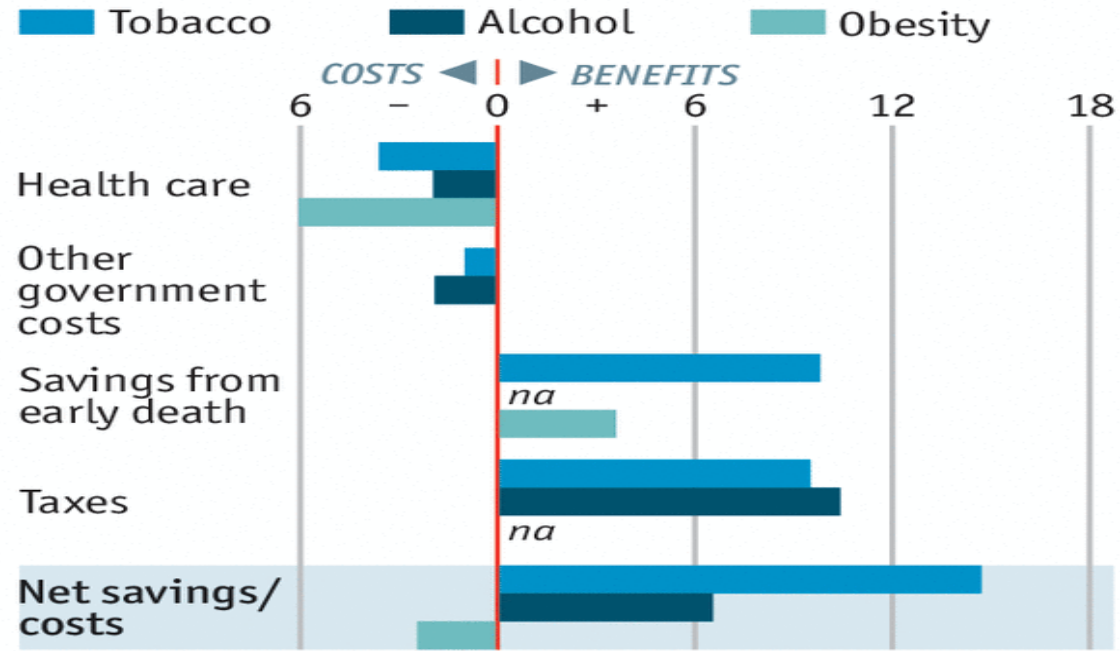


PVAT



Britain, annual cost to government of vices

2017 or latest available, £bn



The Economist 2023, Sources: IFS, academic studies, Institute of Economic Affairs

Terapie obezity

- bariatrická chirurgie
- farmakoterapie
- dietní intervence

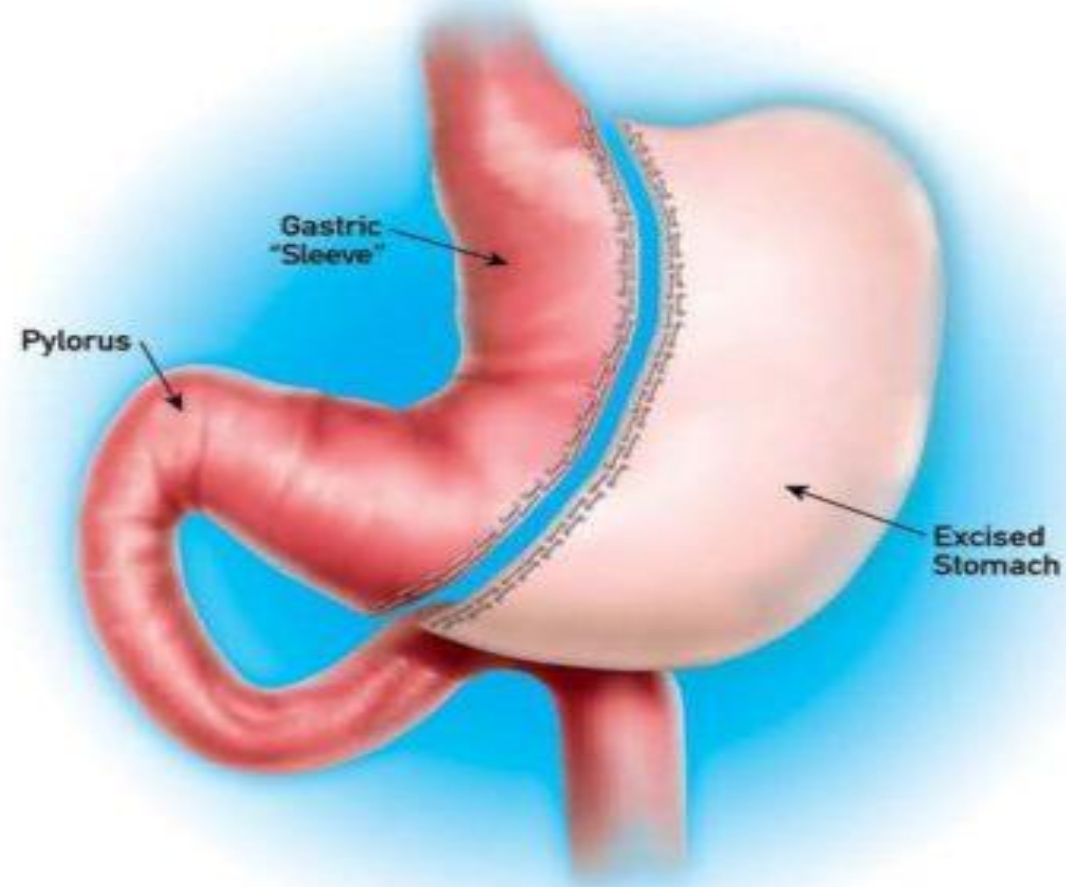
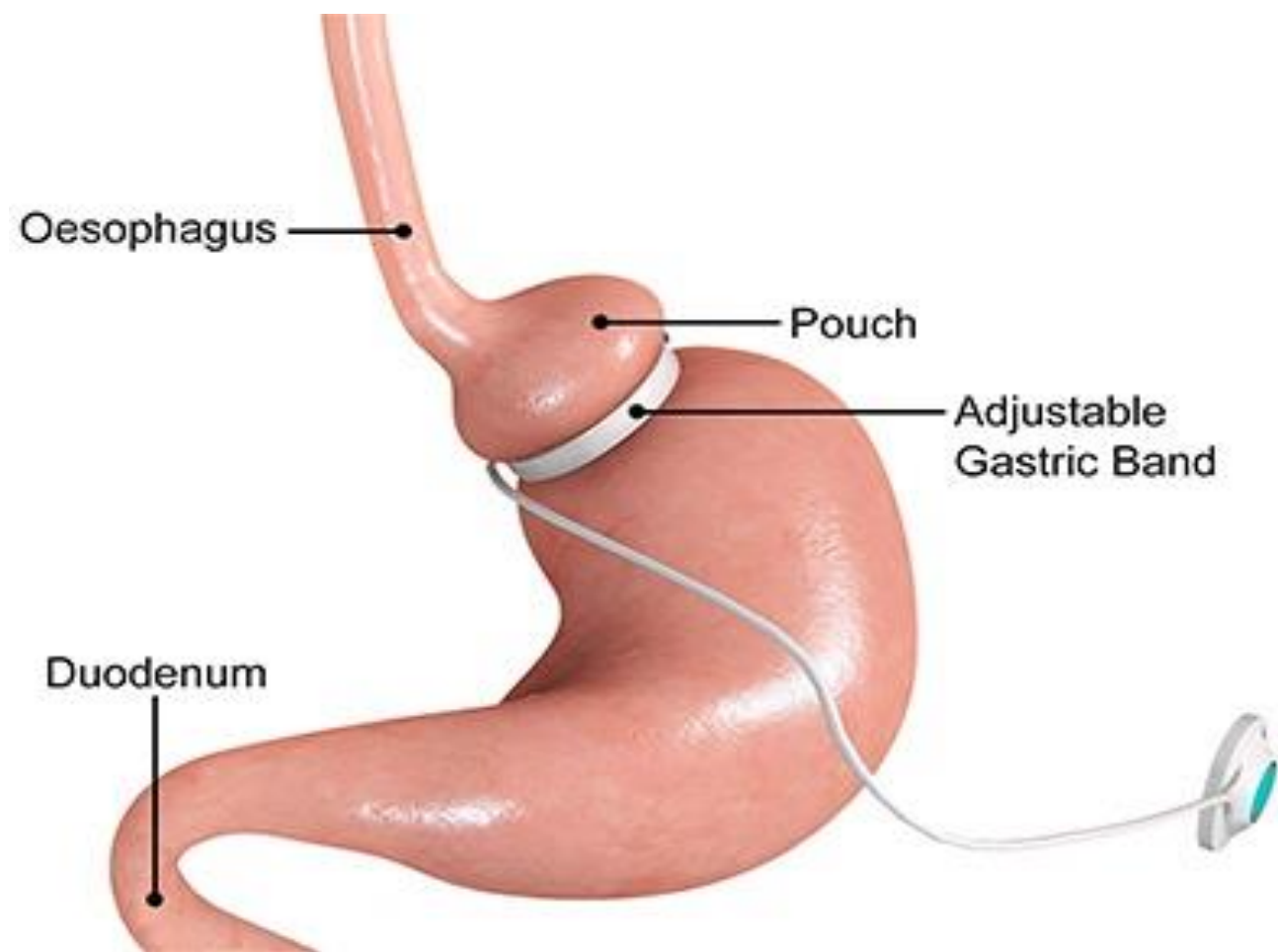
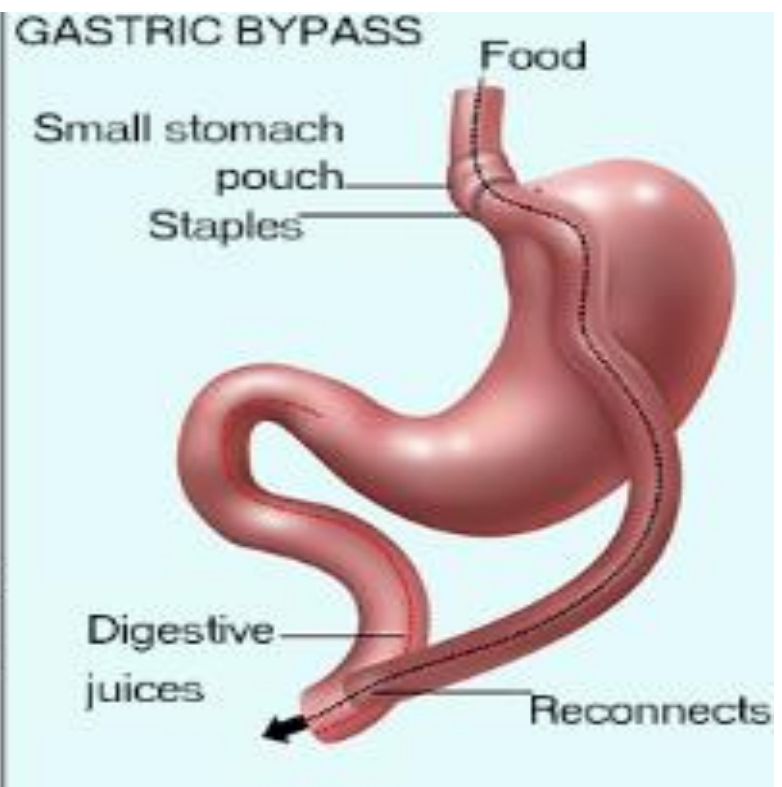


Photo courtesy of Ethicon





Zcela nová terapie dvěma antidiabetiky

- orální

- injekční

Novo Nordisk

Skutečný současný výskyt nadváhy a obezity v české populaci

Muži

nadváha		obezita	
68 %	82 %	21 %	37 %

Ženy

nadváha		obezita	
49 %	60 %	18 %	28 %

Obezitu nelze pravděpodobně řešit medicínsky

Jde o velký společenský problém řešitelný
pouze sociálně

Děkuji za pozornost

