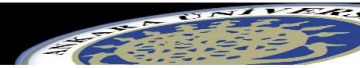
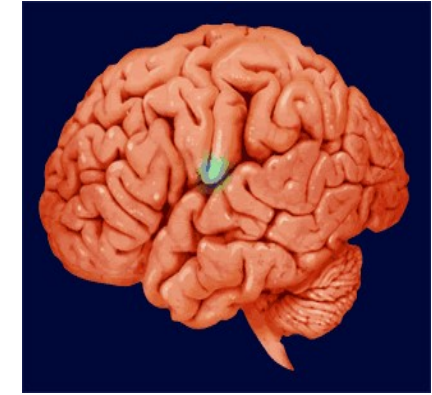




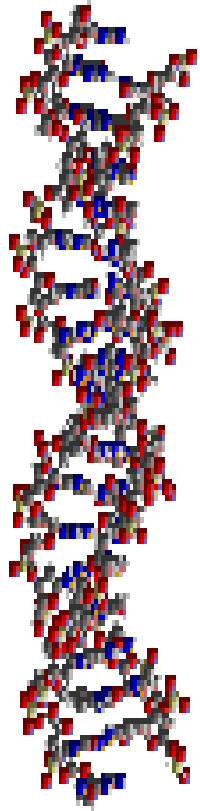
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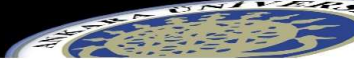
SPOR BİLİMLERİ FAKÜLTESİ

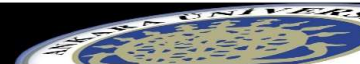
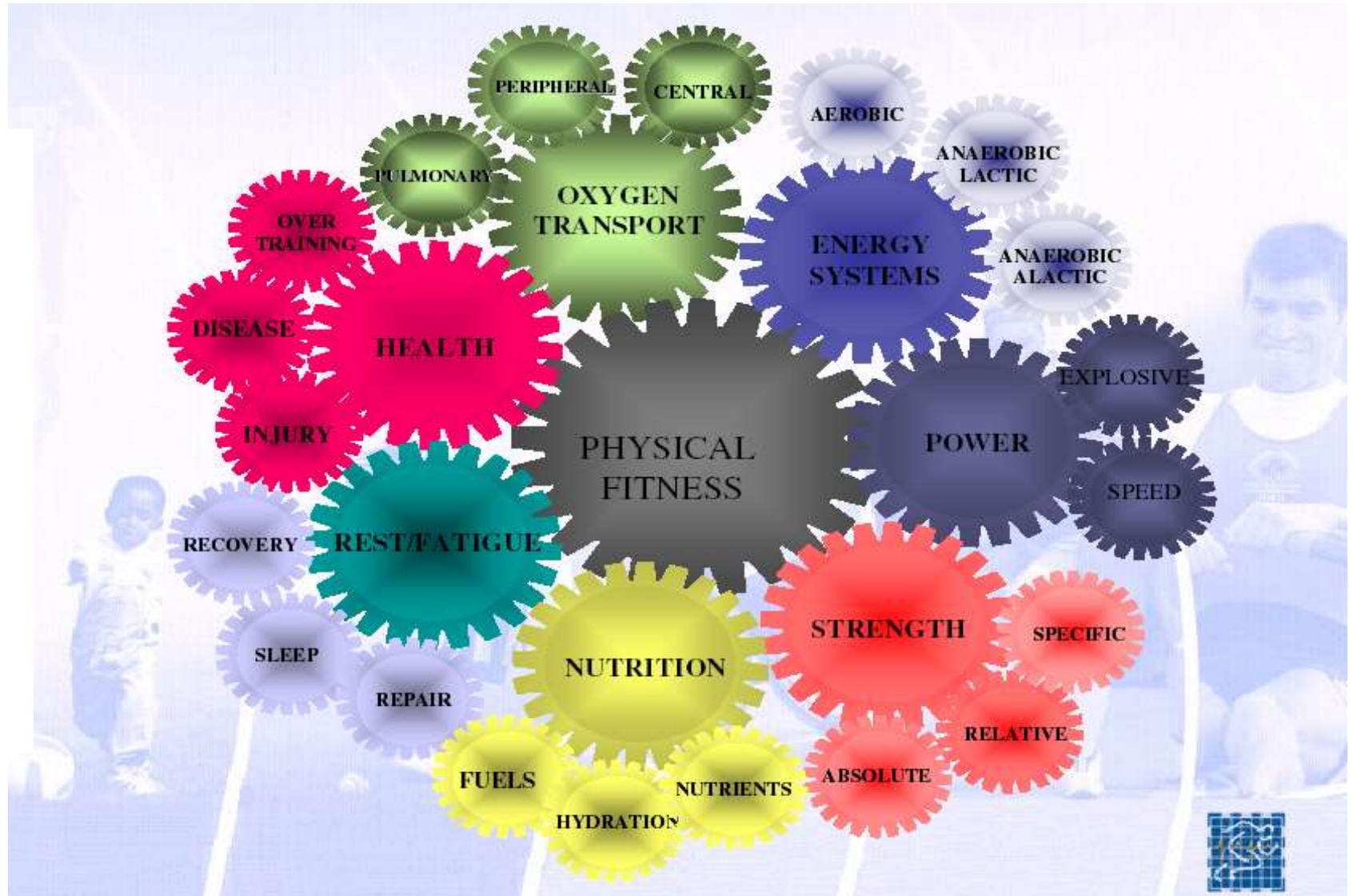


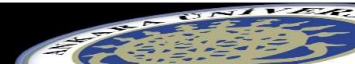


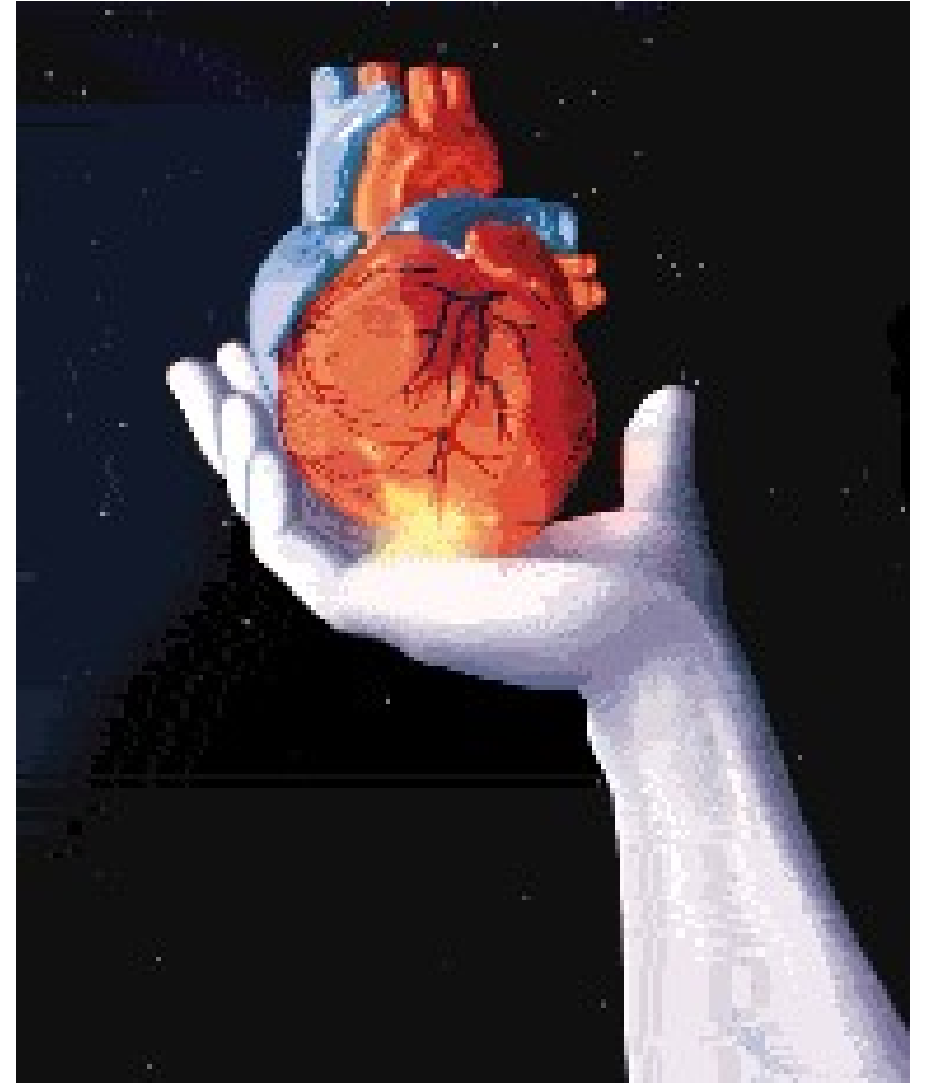
Terminoloji - Kavram - Felsefe





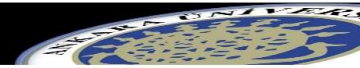


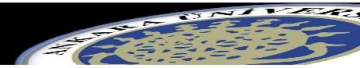
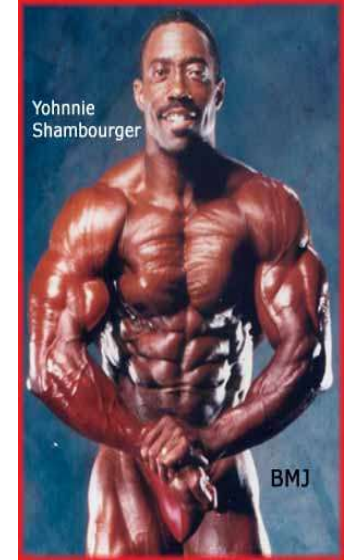


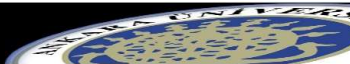
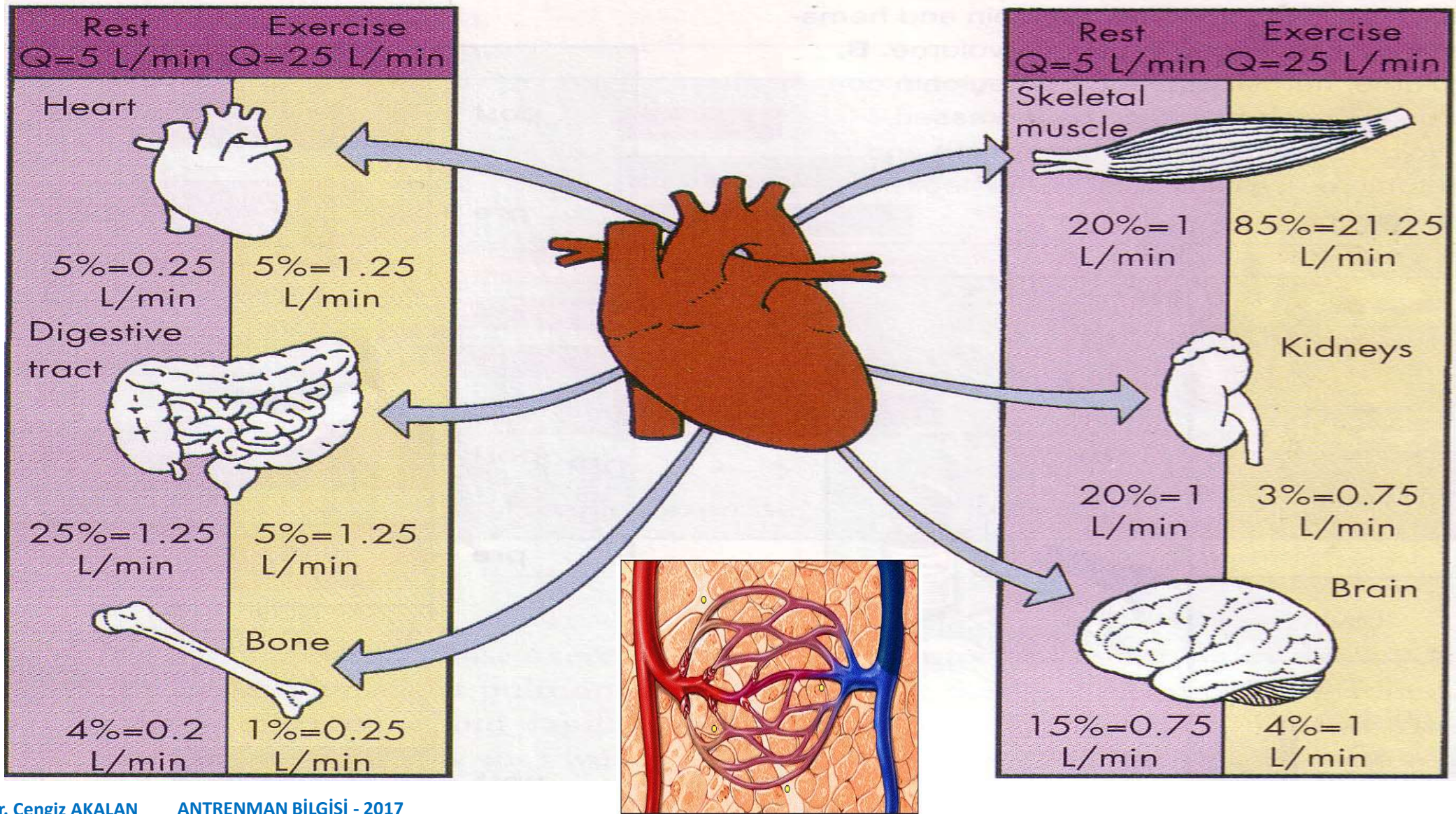


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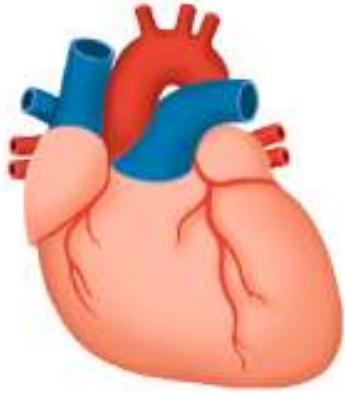
SPOR BİLİMLERİ FAKÜLTESİ







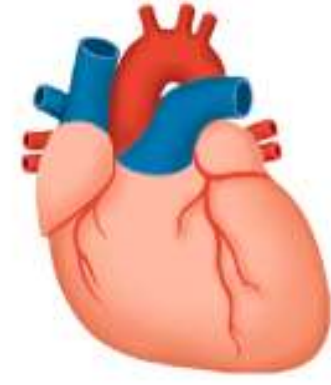
Left ventricle cross-section (at mitral valve)



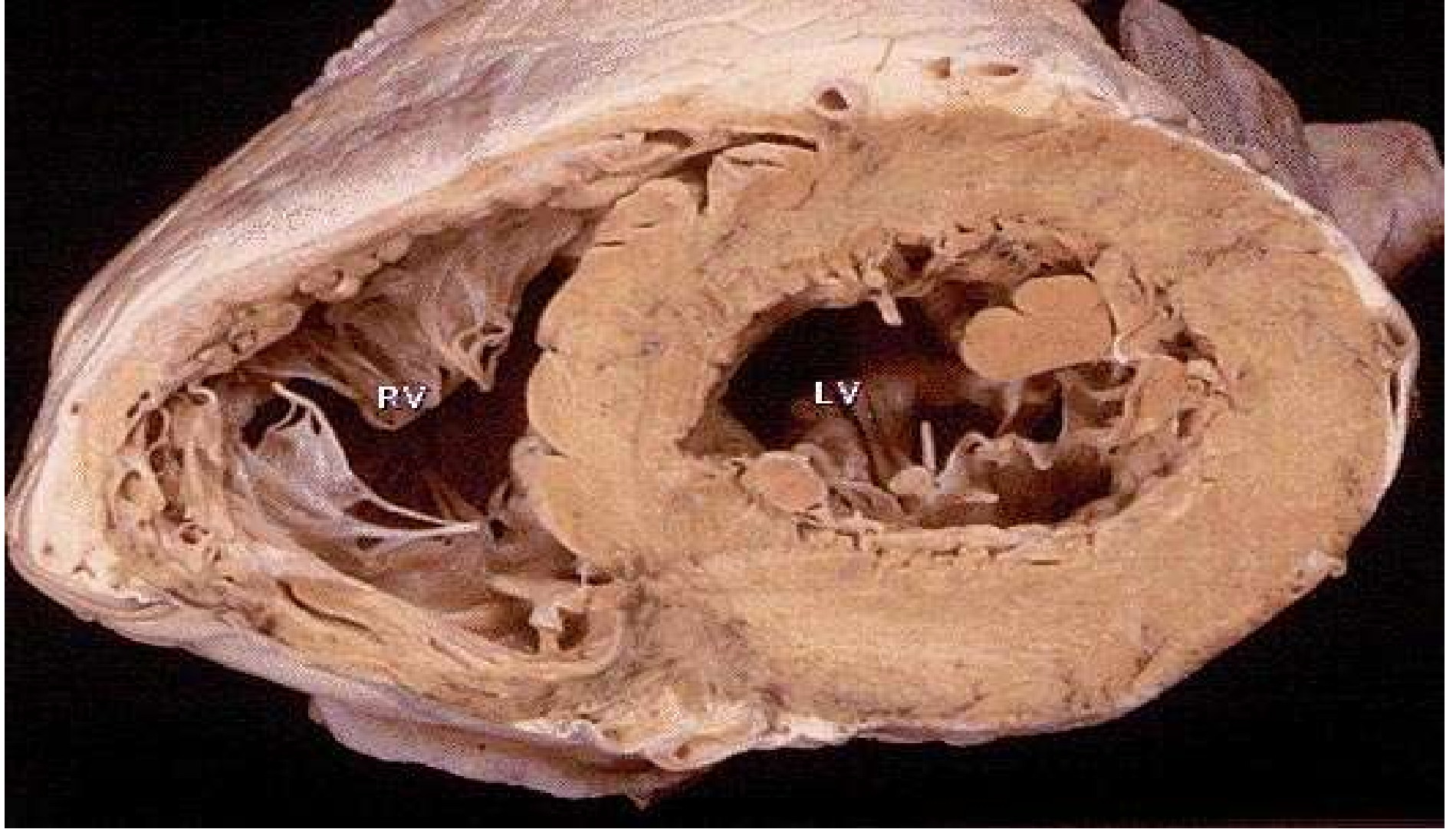
Endurance-trained athlete



Sedentary person
free from heart disease

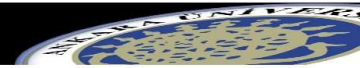


Resistance-trained athlete



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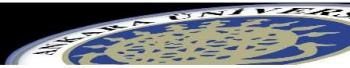
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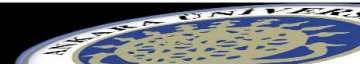
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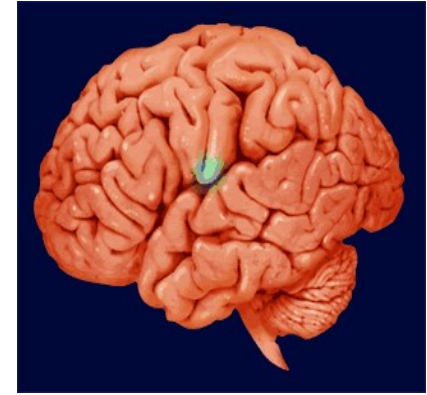
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National Prevalence of Obesity

Prevalence of obesity in Turkey

V. D. Yumuk

V.D.Yumuk, (2005)., Obesity Reviews, 6 , 9–10

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Received 17 August 2004; revised 14 October 2004; accepted 15 October 2004

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Summary

Obesity and overweight are increasing in Turkey according to the field surveys that were carried out a decade apart (TEKHARF 1990 and 2000). The overall prevalence of obesity in adults was 18.6% in the year 1990. Ten years later in 2000, the prevalence was 21.9%, which shows a relative increase rate of 17.7%. As it is true for most of the countries, overweight is more common in men and obesity is more prevalent among women in Turkey.

The first population based at Risk Factor Study (TEKHARF) 1990. The 'TEKHARF' study is the first study of the Turkish Society of Cardiology in seven geographical regions. It was measured by a trained surveyor wearing light clothing without shoes. Diagnosis of obesity was made by a trained surveyor. The overall prevalence of obesity was 18.6% in 1990. The prevalence of obesity in 2000 was 21.9%. The prevalence of obesity in 1990 was 16.8% of men and 55.8% of women.

The overall prevalence of obesity in 2000 was 21.9%. The prevalence of obesity in 1990 was 16.8% of men and 55.8% of women. The prevalence of obesity in 2000 was 21.9%. The prevalence of obesity in 1990 was 16.8% of men and 55.8% of women.

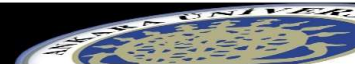
ÖZET

ÇALIŞMA	n	YAŞ	OBEZİTE%		
			ERKEK	KADIN	TOPLAM
TEKHARF 1990	3 681	>30	12.5	32.0	18.6
TEKHARF 2000	2 494	>30	11.3	32.6	21.9
TURDEP 1999	24 788	>20	12.9	29.9	22.3
TOHS 2000	20 119	>20	14.4	24.6	19.4

TEKHARF - Türkiye'de Erişkinlerde Kalp Hastalığı ve Risk Faktörleri

TURDEP - Türkiye Diyabet, Obezite ve Hipertansiyon Epidemiyolojisi Araştırması

TOHS - Türkiye Obezite ve Hipertansiyon Araştırması





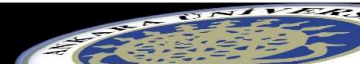
3 : 1 Obez

Kadınlar 2X

%96,5'i sedanter

5:1 hipertansiyon

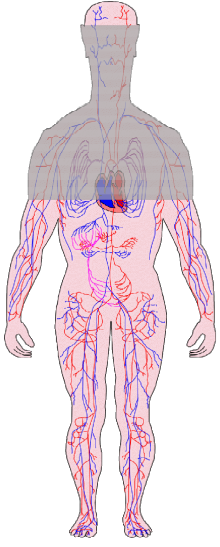
% 78'i beslenme & eğitimi yok



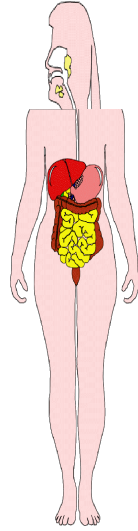
Kanser, tansiyon, şeker, obezite, kalp hastalıkları ve pek çok diğer rahatsızlığın risklerini azaltan bir ilaç ürettik desek alıp kullanır mısınız



Tüm bilimsel arařtırmalar dzenli fiziksel aktivite ve egzersizin saęlıęın tüm parametrelerinde risk faktörlerini azaltmada araç olarak kullanılması gerektięini kanıtıyor



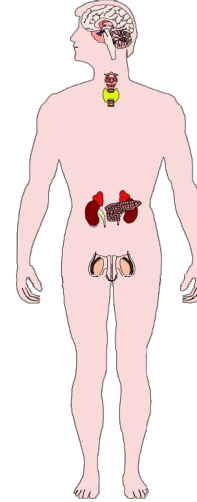
Dolařım



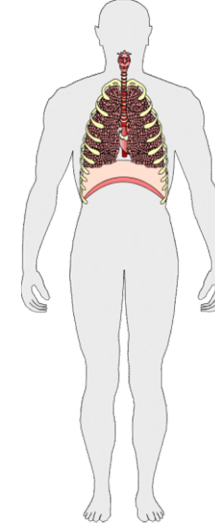
Sindirim



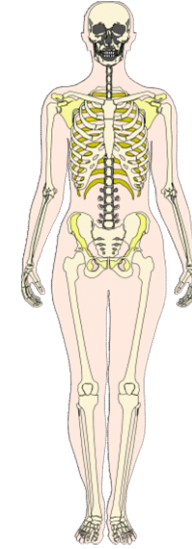
Kas



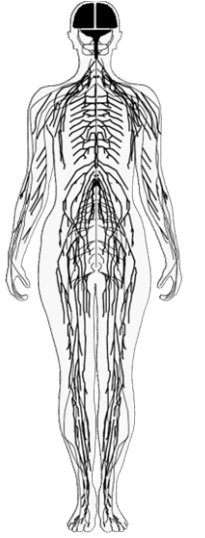
Hormon



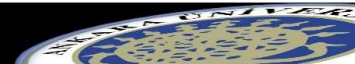
Solunum



İskelet



Sinir



**Metabolik
Hastalıklar
Şişmanlık
Obezite
Diabet**

**Kardiyovasküler
Hastalıklar
Kalp yetmezliği
Hipertansiyon**

**Kas-kemik
Hastalıkları
Bel ağrısı
Kemik erimesi
Eklem hastalıkları**

**TABLE 31.5 ► PHYSICAL ACTIVITY AND/OR
PHYSICAL FITNESS AND SELECTED
CHRONIC DISEASES OR
CONDITIONS, 1963–1993**

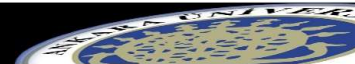
DISEASE OR CONDITION	NUMBER OF STUDIES	TRENDS ACROSS ACTIVITY OR FITNESS CATEGORIES AND STRENGTH OF EVIDENCE ^a
All-cause mortality	>10	↓↓↓
Coronary artery disease	>10	↓↓↓
Hypertension	5–10	↓↓
Obesity	>10	↓↓
Stroke	5–10	↓
Peripheral vascular disease	<5	→
Cancer		
Colon	>10	↓↓
Rectum	>10	→
Stomach	<5	→
Breast	<5	↓
Prostate	5–10	↓
Lung	<5	↓
Pancreas	<5	→
Type 2 diabetes	<5	↓↓
Osteoarthritis	<5	→
Osteoporosis	5–10	↓↓
Functional capability	5–10	↓↓

^a→, No apparent difference in disease rates across activity or fitness categories; ↓, *some* evidence of reduced disease rates across activity or fitness categories; ↓↓, *good* evidence of reduced disease rates across activity or fitness categories, control of potential confounders, good methods, some evidence of biological mechanisms; ↓↓↓, *excellent* evidence of reduced disease rates across activity or fitness categories, good control of potential confounders, excellent methods, extensive evidence of biological mechanisms, relationship is considered causal.
From Blair SN. Physical activity, physical fitness, and health. Res Q Exerc Sports 1993;64:365.

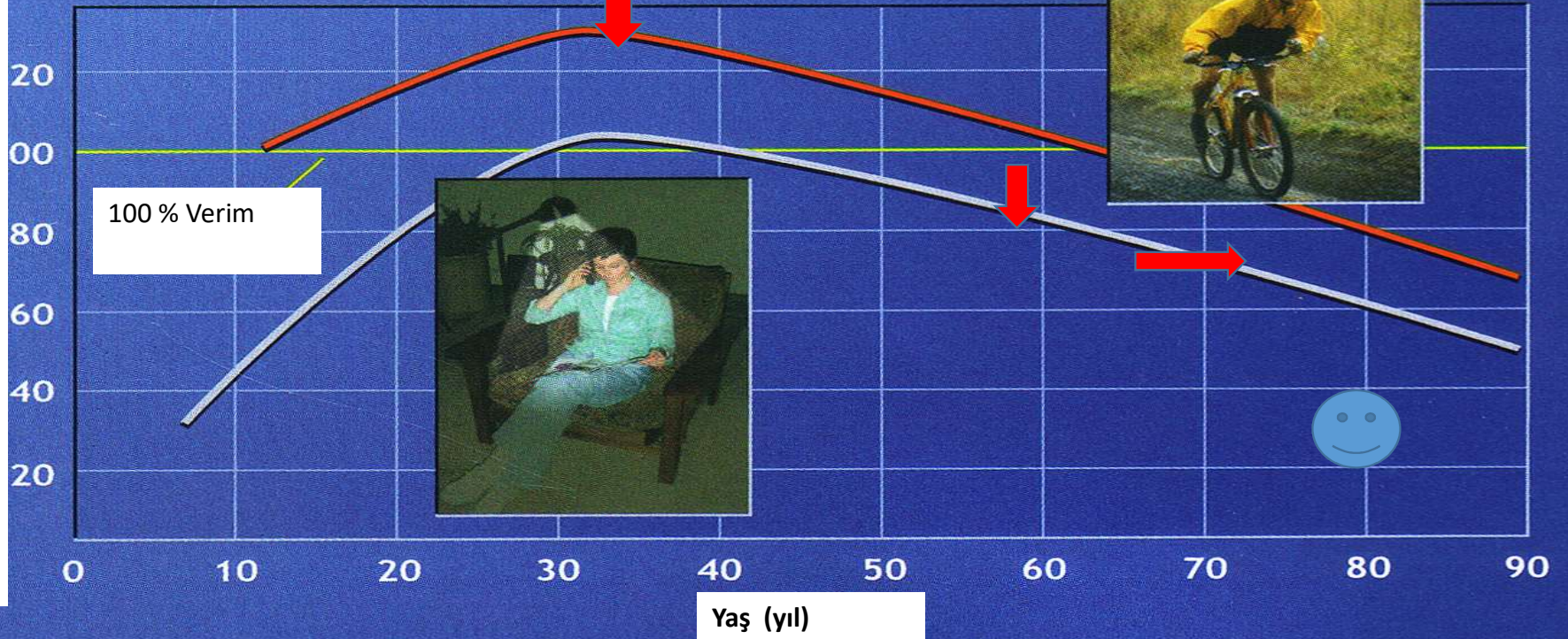
**Psikolojik Hastalıklar
Depresyon**

**Akciğer
Hastalıkları
Astım
Bronşit**

**Kanser
Kolon
Göğüs
Prostat
Akciğer**

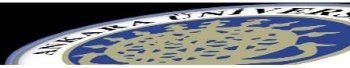


Fizyolojik Fonksiyonlarımızın genel performansı (%)

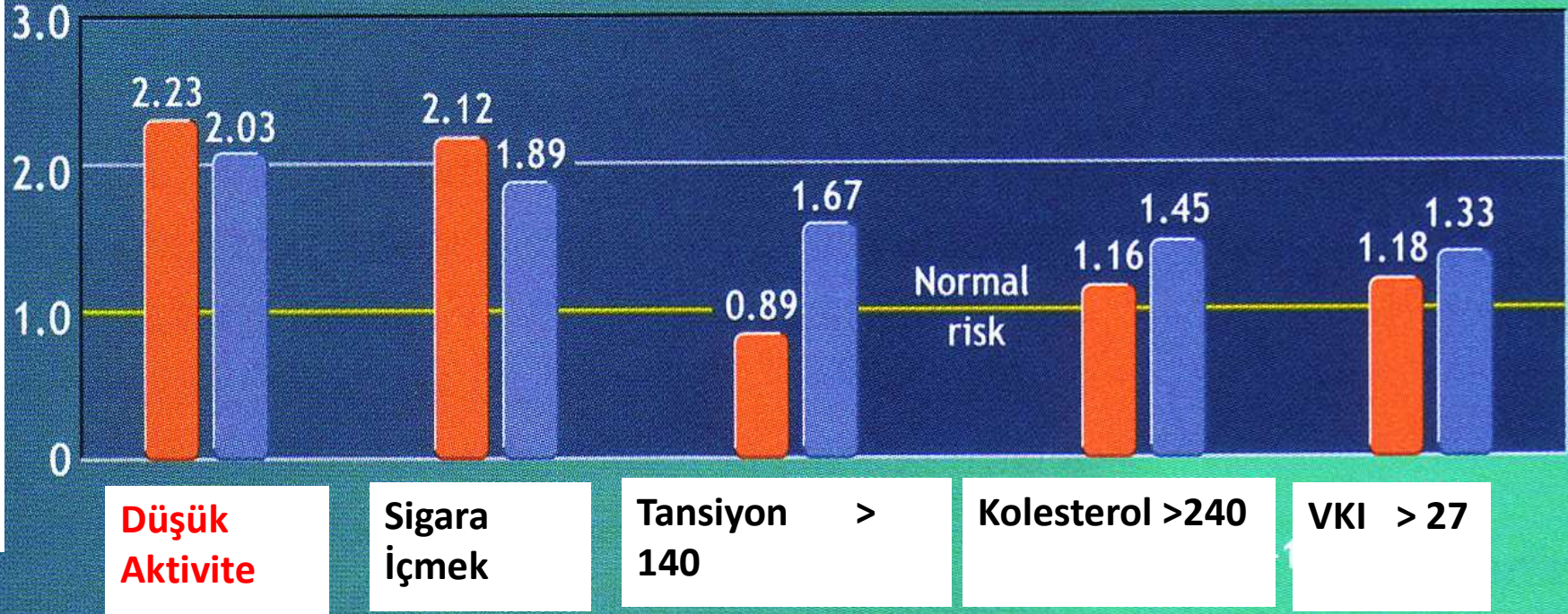


Aktif

Sedenter



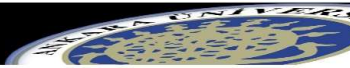
Ölüm Nedenleri

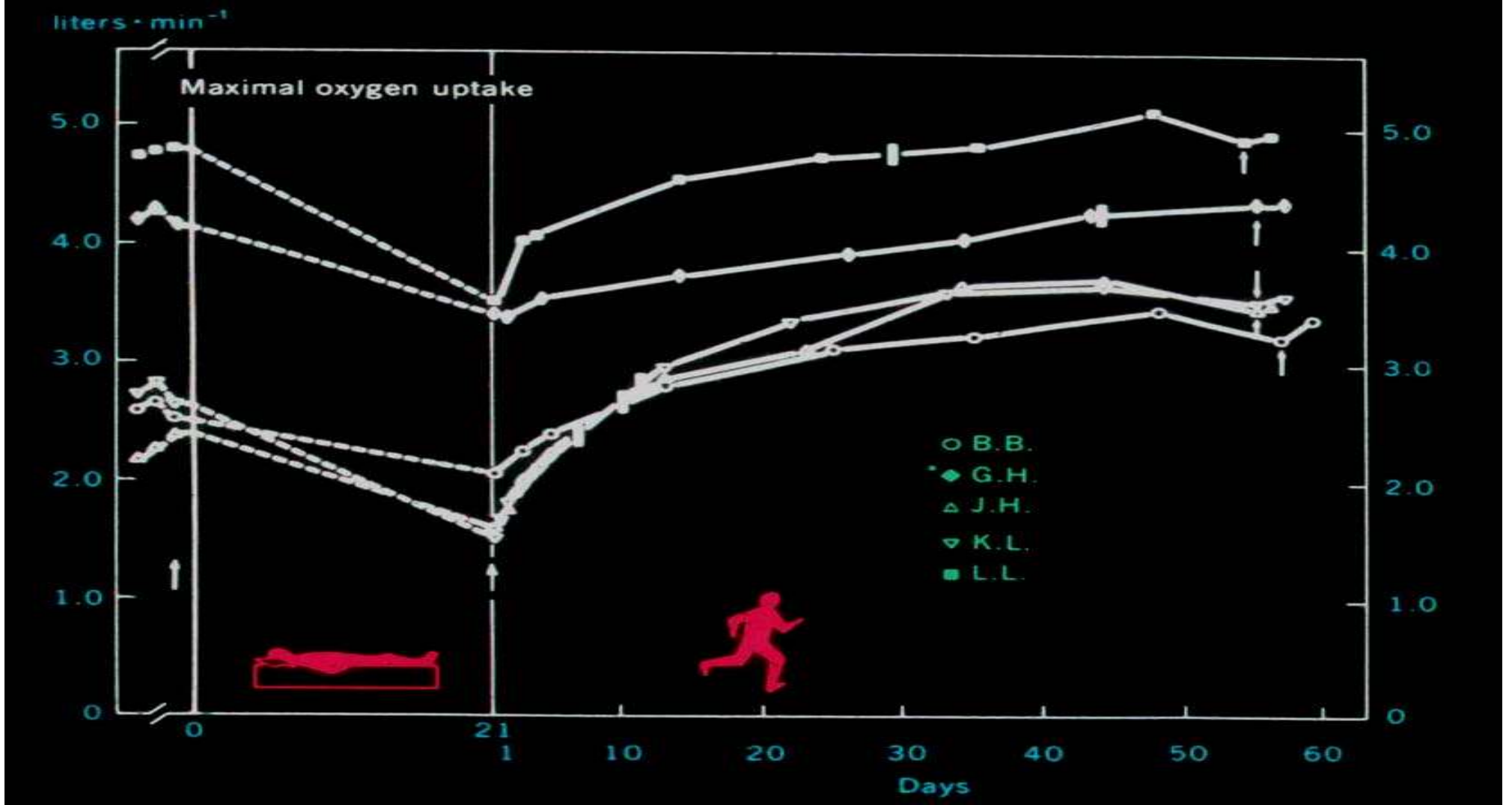


Bayan

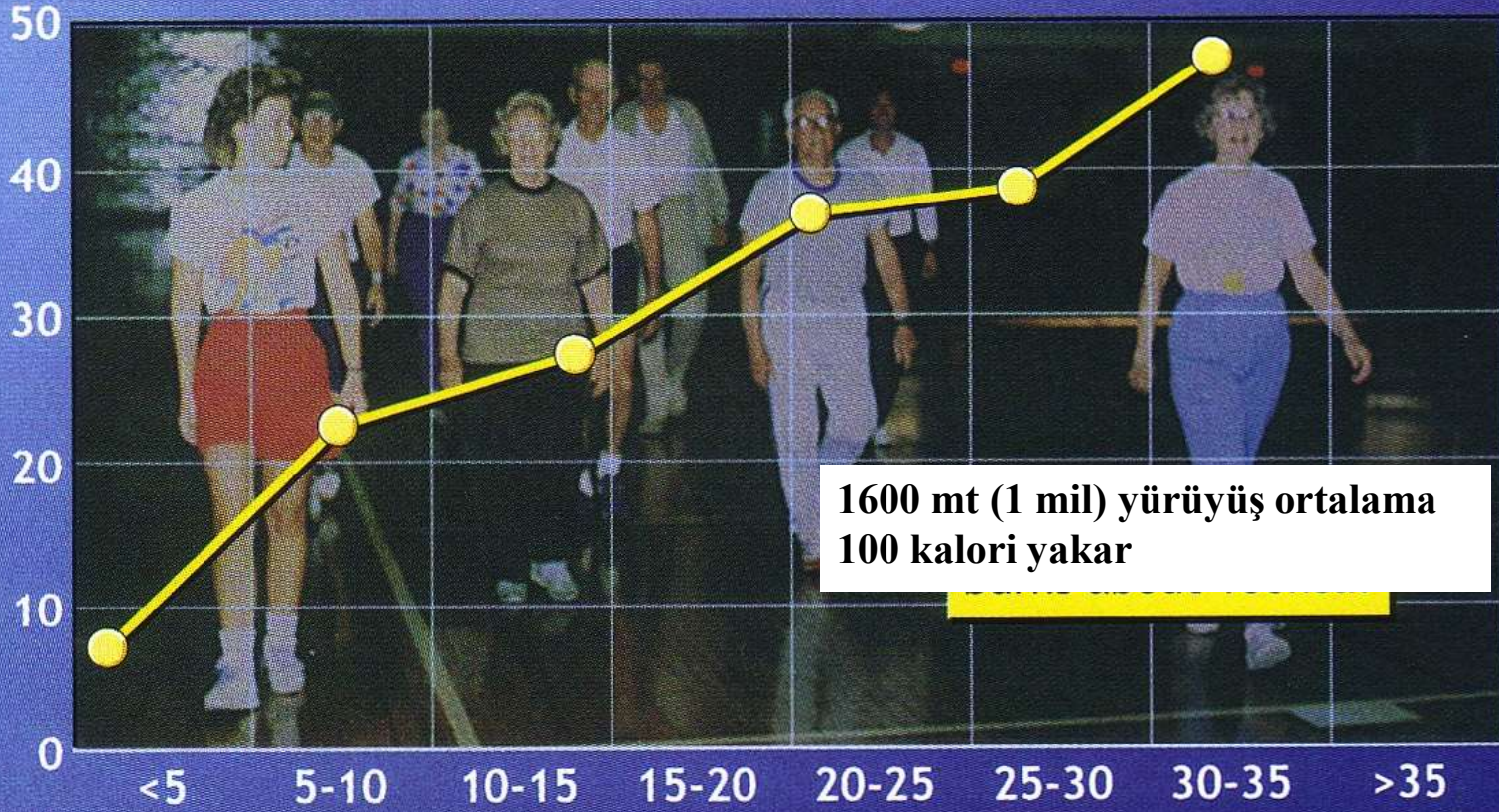
Erkek

* Yaşa göre adapte edilmiştir

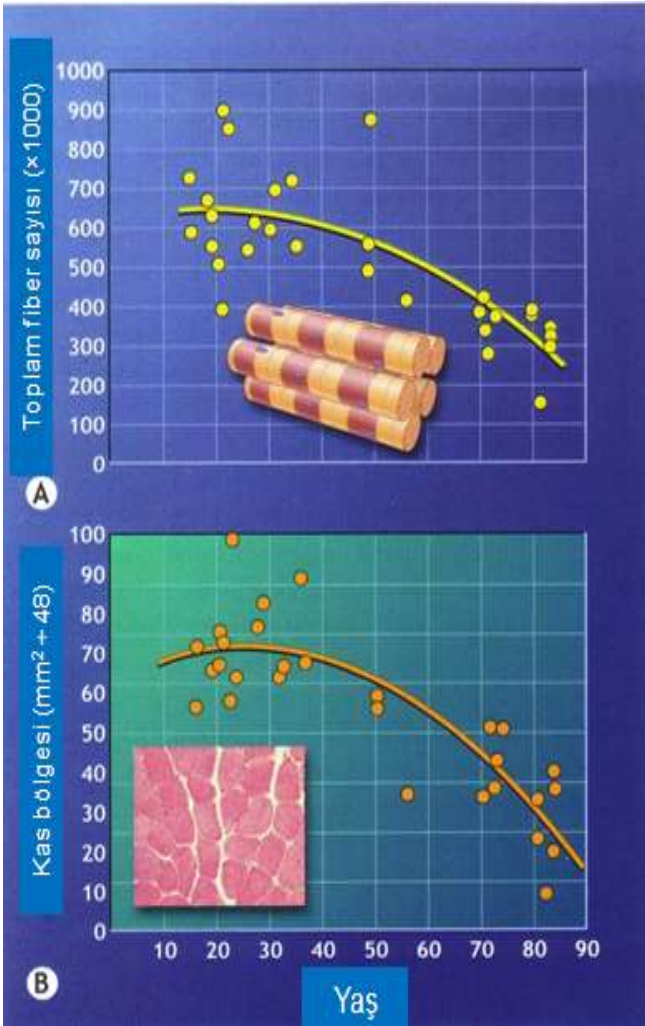




Ölüm Oranındaki Düşüş (%)



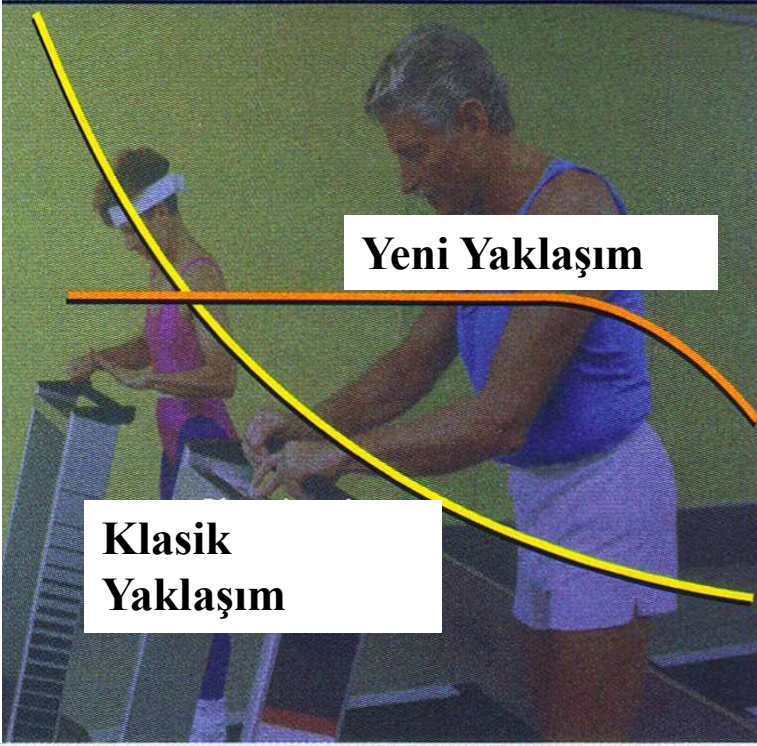
Haftada Yürünen Mesafe (mil)



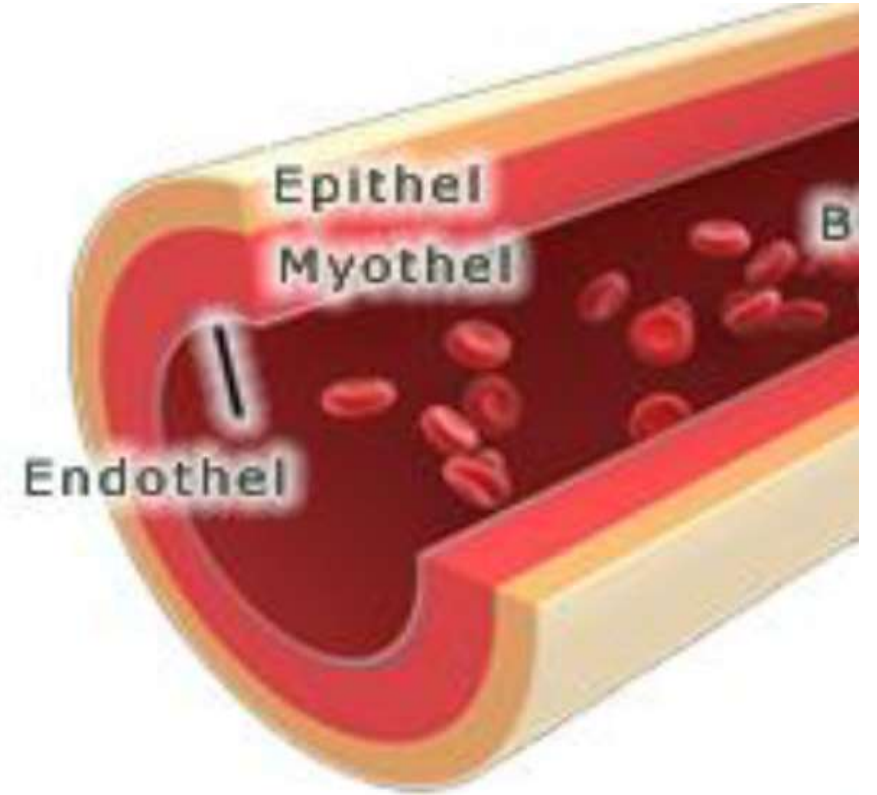
- 60-72 yaş/ 80 % 1RM /12 Hafta Kuvvet Antrenmanı
- 107 % / 1-12 hafta /Diz Fleksiyon
- 227 % / 1-12 hafta /Diz Ekstensiyon

Spor, Yaşam ve Sağlık

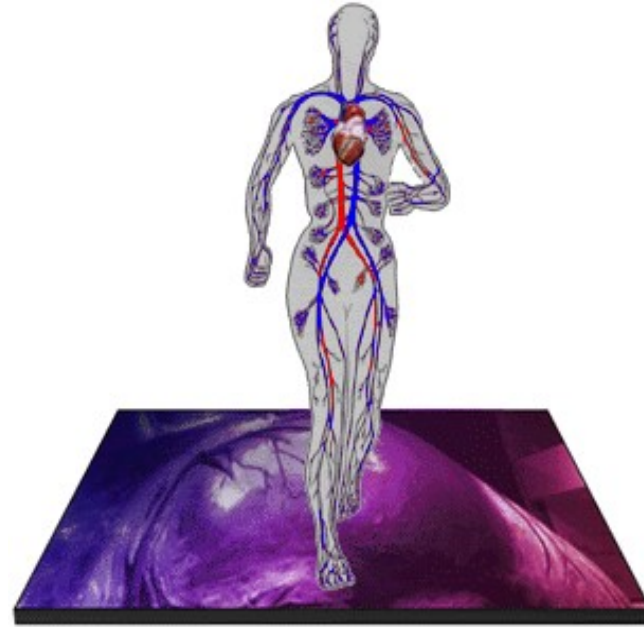
Gelişim Yüzdesi



Yaş



EGZERSİZ
bir ilaç şeklinde kullanılabilseydi
REÇETESİ
en çok yazılan ve kullanılan ilaç olurdu



TEŞEKKÜRLER

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