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# OBESITY MEDICINE

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### The current psychiatric state of obesity solution

The World Health Organization (WHO) projected that by 2015, approximately 2.3 billion adults will be overweight and more than 700 million adults will be obese. Globally, nearly 43 million children under the age of 5 years were overweight in 2010. According to Fin Riski 2012 health survey of working-age, men BMI average was 27.1 kg/m<sup>2</sup> and 26.0 kg/m<sup>2</sup> for women. One in five Finnish was fat. Finnish men, body mass index has risen since the 1970s and women since the 1980s. However, progress has slowed and even stabilized in the past decade. We must find new method to prevent development of obesity in the future. The psychiatric and psychological methods should be to pay attention to the background in obesity. Individuals use solutions that they have learned in the childhood to defuse anxiety and different emotions. The researchers have found the relationship between stress and severe obesity. Recently, we found connection between depression and obesity. In research, they have found connection between some personality disorders and obesity. Doctors in the primary care should pay more attention to many chronic disorders that are connected to obesity. They should use team which consists of dietician, psychologist and psychiatrist.

### Biography

Marja Koski is a Licentiate of Medicine, M.D (University of Turku), Specialist of Psychiatry (University of Helsinki), Specialist of Child Psychiatry (University of Helsinki). He has a Special Competence in Rehabilitation (University of Helsinki), and Diploma in Health Administration (University of Helsinki). Currently he is working as Psychiatrist in city of Helsinki Health department.

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