



Obesity, Non-Alcoholic Fatty Liver Disease and Eating Behavior Disorders

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Opinion

Non-alcoholic fatty liver disease related to obesity is a growing epidemic worldwide, resulting in the accumulation of triglycerides and free fatty acids in the liver. In Morocco, the increase in non-alcoholic fatty liver disease related to obesity highlights the contribution of environmental factors to this public health problem, without denying the caloric contribution that is due to macronutrients, high energy density and low oxidation. In fact, the dietary transition experienced by Morocco following the production of the food industry and the presence of the media has turned the Mediterranean dietary model characterized by a diet rich in starch and fiber, low in fat and a physically active life to a pattern with more diversified diet rich in sugars, saturated animal fats and processed foods, low in fruits, vegetables and fibre and a sedentary and stressful lifestyle [1].

In addition, palatability, variety, speed of ingestion and availability of food make obesity, metabolic disorders and non-alcoholic fatty liver disease to increase in Moroccan society. Indeed, in children under 5 years, 12.5% are overweight and 2.6% are obese). For adults over 18, 20% are obese, 29.3% are hypertensive, 10.6% are diabetic and 10.5% have hypercholesterolemia. In addition, non-communicable diseases account for 80% of all deaths (WHO, 2018). In the face of obesity and its co-morbidities, particularly non-alcoholic fatty liver disease, progressive weight loss is recommended. However, the strong restriction of food intake for the purpose of weight control induces certain counter-regulatory behaviors. Namely, the over-consumption that arises from the difficulty to adjusting consumption according to food energy content or, in response to the emotions or in the presence

of environment stimuli (meals, the family environment). The alternation between over-consumption and the strong restriction constitutes eating disorders leading to psychosocial, metabolic and cardiovascular complications that can lead to death [2].

Purpose

The purpose of this study is to prevent behavioral eating disorders and their consequences on health.

Objective

The objective of this work is to study the prevalence of eating behavioral disorders in obese people who have non-alcoholic steatosis through a retrospective study, dealing with patient records at the endocrinology at Med VI Medical Center in Marrakech. The data will be analyzed and discussed in association with variables the eating behavior disorders, body mass index et NAFLD.

The question that arise is: what is the pathophysiology of eating behavior? How to overcome the consequences of these disorders on non-alcoholic fatty liver disease and obesity?

Keywords: Non-Alcoholic Fatty Liver Disease; Obesity; Eating Behavior Disorders

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