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Obesity and metabolic syndrome: from clinical to public health perspectives: results from population-based studies of the Dutch and Indonesian populations

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Obesity and Metabolic Syndrome: From Clinical to Public Health Perspectives

Results from population-based studies of the Dutch and the Indonesian populations

1. The co-existence of excess visceral fat and excess liver fat is associated with a four-fold increased risk of type 2 diabetes (*this thesis*).
2. In particular women suffer from the detrimental metabolic effects of excess visceral fat (*this thesis*).
3. In both the Asian-Indonesian and the Western-Dutch populations, abdominal adiposity is more strongly related to the risk of metabolic syndrome than overall adiposity (*this thesis*).
4. Low adiponectin concentrations in the Asian-Indonesian population do not explain the increased risk of metabolic syndrome in this population compared with the Western-Dutch population at the same BMI (*this thesis*).
5. Individuals with abdominal obesity perceive their condition as less 'threatening' than those with overall obesity, which implies that individuals with abdominal obesity are less aware of their condition and its negative health consequences (*this thesis*).
6. Adherence to the Indonesian national healthy lifestyle guideline may confer cardiometabolic health benefits in particular to men, the middle-aged, urban population, and those with overweight and obesity in the Indonesian population (*this thesis*).
7. Not only the excess fat mass matters in obesity, but also the fat deposition in the abdominal region (*adapted from Tchernof & Despres, Physiol Rev, 2013*).
8. Asian individuals have a smaller subcutaneous fat compartment than Western people, and therefore excess lipids overflow earlier to the visceral fat compartment (*adapted from Sniderman et al., Int J Epidemiol, 2007*).
9. Scientists and healthcare providers should convey the public health message of focusing on abdominal obesity in combating cardiometabolic diseases, and waist circumference measurement should be made a routine clinical practice (*adapted from Neeland et al., Lancet Diabetes Endocrinol, 2019 and Ross et al., Nat Rev Endocrinol, 2020*).
10. Individuals create illness perceptions as a response to a health threat, and these perceptions stimulate them to exhibit a particular coping behaviour to address the threat (*adapted from Hagger & Orbell, Health Psychol Rev, 2021*).
11. A healthy lifestyle does not only prevent the metabolic syndrome, but also slows the progression to type 2 diabetes and cardiovascular diseases in those who already have the metabolic syndrome (*adapted from Grundy, J Endocrinol Metab, 2007*).
12. For some women, motherhood increases work effectiveness and efficiency: "Motherhood has a very humanizing effect. Everything gets reduced to essentials." (*Meryl Streep, 2008*).