Trends of body image and desire to lose weight in the adult swiss population, 1997-2007

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Background/Introduction: Studies have shown that, in the USA, body dissatisfaction has decreased among overweight and obese subjects. Knowledge of trends on how current body weight relates to both weight satisfaction and desire to change weight among Swiss adults is limited.

Methods: Cross-sectional data from three National health interview surveys conducted in representative samples of the Swiss adult population: 1997 (n=12,474), 2002 (n=18,908) and 2007 (n=17,879). Weight, height, body dissatisfaction and desire to change weight were assessed by questionnaire.

Results: In 1997, 2002 and 2007 the percentages of overweight individuals dissatisfied with their weight was 63%, 67% and 63% in women and 41%, 46% and 42% in men respectively. Among obese subjects, the percentages were 77%, 82% and 79% in women and 63%, 73% and 67% in men. In overweight men, desire to change weight was 62.9% and 69.9% in 1997 and 2007, respectively (79.7% and 88.5% in women). Among obese men the percentages were 82.7% and 86.2% (86.3% and 91.6% in women). Most (>97%) of the desired changes were towards a decrease. Still, a significant percentage (36.1% in 2007) of normal weight men reported a desire to increase weight (9.1% in normal weight women). Multivariate analysis revealed that female gender, younger age, migrant status, high educational level, former smokers and increased BMI were independently and positively associated with body dissatisfaction and desire to change weight, while no relationship was found for survey year.

Conclusion: Contrary to the USA, body dissatisfaction and desire to lose weight remained stable in Switzerland between 1997 and 2007.
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Message of the Vice-Dean for Research

Dear Friends and Colleagues,

On behalf of the Organizing Committee I would like to welcome you to the ninth edition of the CHUV Research Day, which will be dedicated to cardiology and metabolism. Clinical and research development in both fields has been given high priority at the CHUV and UNIL, and the coming years should see significant progress toward the establishment of corresponding clinical and research centres.

Growing evidence indicates that inflammation is causally related to obesity and diabetes. Thus, obesity is associated with low grade systemic inflammation that constitutes one of the mechanisms underlying obesity-associated morbidity. Moreover, chronic inflammation is a significant risk factor for the development of cardiovascular and metabolic disease and continuous secretion of factors such as TNFα and IL-6 is associated with increased risk for numerous chronic diseases including insulin resistance, atherosclerosis and type 2 diabetes.

Given that obesity is a complex disorder, a multidisciplinary approach is necessary to unravel its pathogenesis and underlying mechanisms. The use of numerous «omic» technologies including genomics, proteomics and metabolomics is becoming essential in order to identify inflammatory biomarkers that may be implicated in the pathogenesis of obesity and the mechanisms that link the increase in adipose mass to morbidity. Once identified, elucidation of the role of the relevant inflammatory factors in the various disorders related to obesity will be essential.

Among cardiovascular diseases, atherosclerosis is linked not only to inflammation but to an adaptive immune response as well. However, whereas the role of Th1 lymphocytes in atherogenesis is well established, less is known about the role of othee T cell subsets, including Th2 and Th17. Elucidation of the full repertoire of mechanisms whereby adaptive immunity enhances atherogenesis will no doubt be important.

The program to which you have been invited will cover a variety of aspects of the implication of inflammation and immunity in obesity and atherogenesis with a view as to possible novel therapeutic approaches down the line.

I would like to thank the Scientific Committee for putting together a high quality program with a superb panel of guest speakers and hope that you will find the event to be both stimulating and enjoyable.

Ivan Stamenkovic
Vice-Doyen for Research
Message du Vice-Doyen de la Recherche

Cher(e)s Collègues, Cher(e)s Ami(e)s,

Je vous souhaite la bienvenue à la neuvième édition de la Journée de Recherche CHUV dont les thématiques sont la cardiologie et le métabolisme. Ces thématiques représentent des domaines de développement prioritaires du CHUV et de l’UNIL et prennent une importance croissante dans notre Faculté.

Les développements récents dans le domaine du métabolisme indiquent que l’inflammation joue un rôle important dans l’obésité et dans le diabète. Ainsi, l’obésité est associée à un état inflammatoire systémique chronique de bas grade qui constitue l’un des mécanismes potentiels impliqué dans les complications de l’obésité. L’inflammation chronique de bas grade est un facteur de risque significatif pour les maladies cardiovasculaires et métaboliques, et la sécrétion continue des médiateurs tels que le TNFα et l’IL-6 est associée à un risque augmenté pour de nombreuses maladies chroniques y compris la résistance à l’insuline, l’artériosclérose et le diabète de type II.

La physiologie de l’obésité étant complexe, il est évident qu’une approche multidisciplinaire est nécessaire pour comprendre son processus et les mécanismes qui y conduisent. L’utilisation de nouvelles technologies, y compris la génomique, la protéomique et la métabolomique devient indispensable afin d’identifier les biomarqueurs inflammatoires qui pourraient être impliqués dans la pathogénèse de l’obésité ainsi que dans les mécanismes moléculaires qui lient l’augmentation la masse du tissu adipeux aux dysfonctions de l’organisme. Il est de ce fait essentiel de comprendre le rôle des différents facteurs inflammatoires dans les affections liées à l’obésité.

Parmi les maladies cardiovasculaires, la pathogénèse de l’artériosclérose est intimement liée à la réponse immune adaptative. Toutefois, alors que le rôle athérogène des lymphocytes Th1 est bien établi, celui des autres sous groupes lymphocytaires T, y compris Th2 et Th 17 l’est moins mais de plus en plus de données suggèrent que ces lymphocytes participent à la régulation de l’artériosclérose et l’élucidation de leur mécanisme d’action sera d’importance.

Le programme auquel vous êtes conviés fait le point sur les approches actuelles de l’analyse de la réponse inflammatoire et immune dans l’obésité et dans l’artériosclérose et examine les voies thérapeutiques possibles.

Je tiens à remercier les membres du comité scientifique pour avoir établi un programme stimulant et de très haute qualité et je vous souhaite de passer une journée agréable.

Ivan Stamenkovic
Vice-Doyen de la Recherche
“Cardiovascular & Metabolic Disorders”

ATHERO homeosclerosis & INFLAMMATION

08:45 Ivan STAMENKOVIC
Vice Dean for Research

13:30 Ziad MALLAT
Inserm U970, Paris, France
University of Cambridge, Cambridge, UK
Adaptive Immunity in Atherosclerosis

NUTRITION AND METABOLISM

09:00 Karine CLEMENT
Pierre & Marie Curie University, Paris, France
Human adipose tissue; pathological alteration in obesity and diabetes

14:15 Euresearch and afternoon short talks

09:45 Coffee & Poster presentations

10:15 PACTT and morning short talks

11:45 Johan AUWERX
EPFL, Lausanne, Switzerland
Integrating metabolic control by NAD+ sensors

15:45 Coffee & Poster presentations

VASCULAR AGEING

16:15 Pierre BOUTOUYRIE
G. Pompidou European Hospital, Paris, France
Vascular ageing: pathophysiology and basis for therapeutics

17:00 Poster Prize Ceremony

12:30 Lunch, Coffee & Poster presentations

17:30 Apéritif
# Short talks

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<td>From the lab to the market: Commercialisation of research results</td>
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<td><strong>Cécile JACOVETTI</strong>&lt;br&gt;Department of Cellular Biology and Morphology - UNIL</td>
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<td><strong>Francesca AMATI</strong>&lt;br&gt;Department of Physiology - UNIL and Service of Endocrinology, Diabetology and Metabolism - CHUV</td>
<td>Skeletal muscle mitochondrial content and electron transport chain activity in older adults at risk for type 2 diabetes: relationship to insulin sensitivity, metabolic flexibility and fatty acid oxidation</td>
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<td>Critical role of Angiotensin II type 1 receptor on bone marrow-derived cells in the development of vulnerable atherosclerotic plaque in 2-Kidney, 1-Clip ApoE-/- mice</td>
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