

# The Effects Of Lifestyle And Dietary Intake On Health Outcomes And The Metabolic Syndrome Among Lebanese University Students

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## **PROPOSITIONS**

belonging to the dissertation

### **The effect of lifestyle and dietary intake on health outcomes and the metabolic syndrome among Lebanese university students**

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1. The metabolic syndrome is a cluster of symptoms that when present increase future risk of cardiovascular disease and diabetes. The metabolic syndrome and its metabolic derangements are highly prevalent in Lebanese university students. (this dissertation)
2. The increase in weight over the course of the first semester of university enrolment has been coined the “freshman 15.” First year students in Lebanon are affected by the phenomenon however the weight gain was on average, 4 pounds. (this dissertation)
3. Lebanese University students were found to exhibit low levels of physical activity. They were also stressed and suffered from inadequate sleep. Additionally, their nutrition knowledge was suboptimal. (this dissertation)
4. Contrary to expectations, the amino acid BAIBA, a myokine produced secondary to exercise, does not seem to be associated with neither BMI nor with cardiovascular disease risk. (this dissertation)
5. Much more funding should be invested into health promotion since evidence based programs may help prevent disease and reduce both financial and human costs.
6. Since universities can serve as an ideal setting for health promotion programs, evidence based interventions need to be implemented to target students so as to decrease their future risk of obesity and its comorbidities and to enable them to adopt a healthier lifestyle.
7. Health care professionals should consider university students a high-risk group for weight gain and cardiovascular risk.
8. Prevention of obesity and non-communicable diseases is much more effective than treatment.
9. *“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”* Thomas A. Edison