It's a **Fat Fat** World

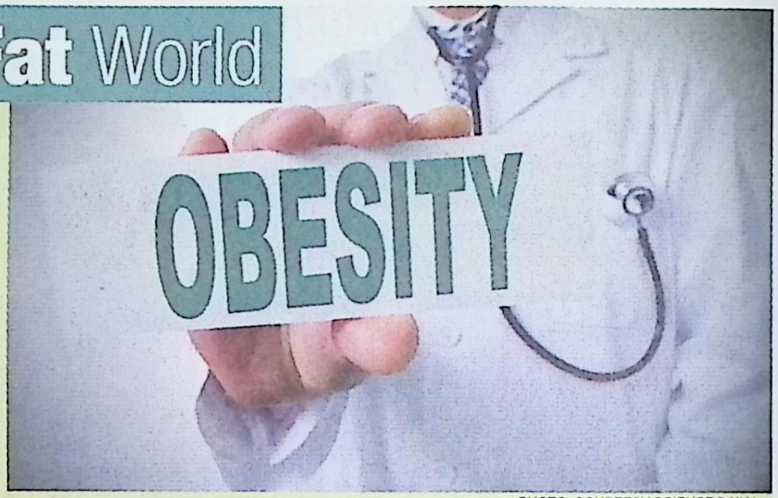


PHOTO: COURTESY SCIENCE DAILY

Worldwide, there has been a startling increase in rates of obesity and overweight in both adults (28 percent increase) and children (up by 47 percent) in the past 33 years, with the number of overweight and obese people rising from 857 million in 1980 to 2.1 billion in 2013, according to a major new analysis from the Global Burden of Disease Study 2013, published in The Lancet.

Over the past three decades, the highest rises in obesity levels among women have been in Egypt, Saudi Arabia, Oman, Honduras and Bahrain, and among men in New Zealand, Bahrain, Kuwait, Saudi Arabia, and the USA.

In high-income countries, some of the highest increases in adult obesity prevalence have been in the USA (where roughly a third of the adult population are obese), Australia (where 28 percent of men and 30 percent of women are obese), and the UK (where around a quarter of the adult population are obese). Currently, 62 percent of the world's obese people live in developing countries.

Stress degrades sperm quality

Psychological stress is harmful to sperm and semen quality, affecting its concentration, appearance, and ability to fertilize an egg, according to a study led by researchers at Columbia University. Results are published online in the journal Fertility and Sterility.

According to the American Society for Reproductive Medicine, infertility affects men and women equally, and semen quality is a key indicator of male fertility.

"Men who feel stressed are more likely to have lower concentrations of sperm in their ejaculate, and the sperm they have are more likely to be misshapen or have impaired motility," writes senior author Pam Factor-Litvak, PhD, associate professor of Epidemiology at the Mailman School of Public Health. "These deficits could be associated with fertility problems."

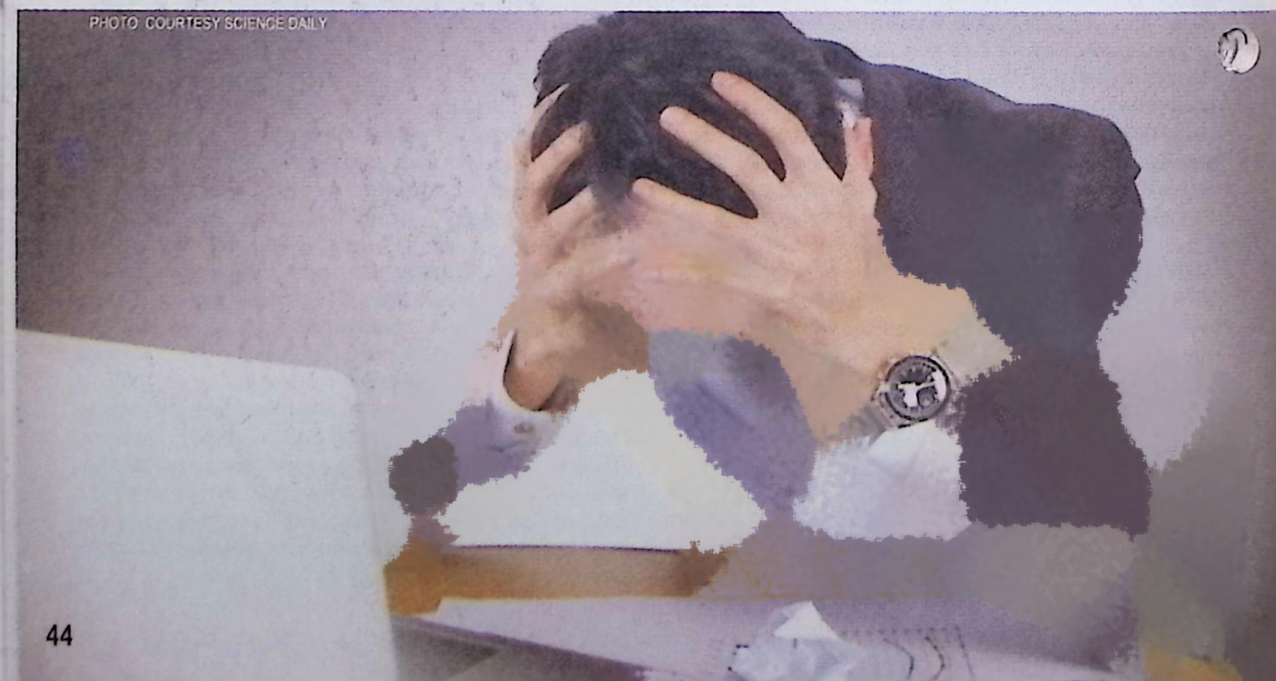


PHOTO: COURTESY SCIENCE DAILY