

Local

Weight loss conundrum: Many wonder why healthy food and lifestyle don't help

By Majd Othman

KUWAIT: Being fit and practicing a healthy lifestyle has become a trend among people of all ages in the last couple of years, and despite this being a good thing, especially with the danger of obesity, people still struggle with some detailed techniques that affect their weight loss journey. One of them is not losing weight despite commitment to sports and healthy eating.

Kuwait Times spoke to nutritionist Mohammad Al-Hayek, who shared some tips for losing weight. In the beginning, Hayek explained, there are three main factors affecting weight loss. "The most essential factor is that sometimes we don't calculate or take the calories that our bodies need, as some people may take less or more calories than actually needed. We should

only decrease 25 percent of the calories we eat so the body will burn calories in a natural way," he said.

"The amount of protein we eat should be equivalent to our body's need. Increasing protein intake will not help in losing weight," Hayek explained. "Also, if someone is working out and lifting weights and are focusing their attention on the weighing scale as a number only, it could give them false indications, as they are not losing weight, but actually losing fat. When people do weightlifting, they increase the percentage of muscles in the body, which will increase body weight. Despite this, they are not gaining weight but muscles, which is the main goal of the whole journey," he said.

Hayek pointed out some details that could affect weight stability. "Eating lots of salts and preservatives lead to increasing the water

stored under the skin, which will affect the number on the weighing scale.

Regarding the increment of the workout and its effect on the weight stability, stressed that if the body did not take enough amount of calories in the line of increasing the workout, it will not lead to weight stability. "The transition from an absence of sports activities in our lives to suddenly being very active won't help the body to have time to adapt to the new changes," he said.



Nutritionist Mohammed Al-Hayek



CSC launches training course plan for 2022-23

KUWAIT: Assistant Undersecretary for Administrative Development Affairs at the Civil Service Commission, Ibrahim Al-Hajri, announced that the commission has launched the training plan for the 2022-23 season. The plan was prepared on the basis of a study of training requirements of all government sector subject to the law and procedures of the commission. The plan is the first after two training seasons were interrupted due to the COVID-19 pandemic.

"The training plan for this year includes 43 programs to meet all the needs of government sector employees and job levels, starting from the senior category to the executive category, indicating the CSC's keenness to intensify specialized programs for this season due to their importance in developing employees' skills in all fields and specializations. This will also bolster the efficiency of performance in their workplaces," Al-Hajri said.

"The plan for the upper category included training programs, workshops and forums, and focused on programs for preparing second row leaders to assume leadership positions by improving performance, raising productivity and keeping pace with development and growth in various fields," he clarified.

"Programs for the middle category include five training programs to meet the needs of authorities in developing skills in the field of governance and how to face reality and challenges of crisis management, as well as the creative vision of managers in delegating powers and enhancing the integrity and transparency of the institution," he added. He also indicated that the administrative development sector at the CSC implements and supervises these programs in cooperation with government agencies, training institutes and companies with the help of a group of best lecturers who have distinguished experiences in various state agencies.

He called on those wishing to participate in these programs to review the local training department at their employers' side, noting that the training plan can be viewed on the website and social networking sites of the CSC by scanning the barcode of the plan, as well as by filling special forms prepared by Diwan. The implementation of the training plan begins in next December and continues until the end of the financial season in 2023.



Salmiya fire extinguished

KUWAIT: The public relations department at the Kuwait Fire Force (KFF) has said on receiving information, KFF team was dispatched to Salmiya to extinguish a fire that broke out in the basement of a building. The basement contained paper archives, plastic material, food and steel material.

"A team from Salmiya, Bedaa and Al-Helali fire stations had been sent to the location and they controlled the fire without resulting in any injuries," the public relations department at the KFF said.

KFAS launches E-Poster day event

KUWAIT: The Kuwait Foundation for the Advancement of Sciences launched the E-Poster Day event on Wednesday. "The establishment of scientific events strengthens the bonds of cooperation between researchers and the exchange of scientific expertise among them, in addition to building a knowledge communication network that deepens their local and international experiences," Director General of KFAS Dr Khaled Al-Fadhel said.

GCC reference center for cancer research sought

KUWAIT: Following the 5th joint Gulf conference on cancer in Sharjah under the patronage and attendance of Sharjah Ruler Sheikh Dr Sultan bin Mohammad Al-Qasimi, in which more than 50 international and Gulf speakers participated, as well as the Gulf Center for Cancer Control and Prevention, the drafting committee met and put down the conference recommendations.

Secretary General of the Gulf Federation for Cancer Control Dr Khalid Ahmad Al-Saleh said the recommendations included the following:

- Participants agreed on the importance of scientific research in the field of cancer and its positive effect on treatment and providing budgets.
- There should be work on creating a unified reference center for cancer research in GCC countries.
- Urging Gulf entities to adopt sustainable health development principles as approved by the UN,



Dr Khalid Ahmad Al-Saleh with Sharjah Ruler Sheikh Dr Sultan bin Mohammad Al-Qasimi

especially cooperation with NGOs, and enabling them to work in the awareness and early detection fields.

Dr Saleh thanked Sheikh Sultan and his wife Sheikhha Jawaher bint Mohammad Al-Qasimi, along with the organizing team for the good choices of speakers and topics.



KUWAIT: Ahmadi Governor Sheikh Fawaz Khaled Al-Hamad Al-Sabah meets with Director General of Ahmadi Education Zone Waleed bin Ghaith on the occasion of his appointment and wished him luck. Sheikh Fawaz reiterated his emphasis on the integral role of education, and called for official and societal efforts to work together to face violence and drugs in the society, particularly in schools.

NG undersecretary receives Italian defense official

KUWAIT: The undersecretary of the National Guard Hashem Al-Refaei received the head of the Italy's Chief of the Defense Staff Admiral Giuseppe Cavo Dragone in the presence of a number of officials.

The undersecretary conveyed the greetings of the head of the National Guard Sheikh Salem Al-Ali Al-Sabah and his deputy Sheikh Faisal Al-Nawaf Al-Sabah to the delegation.

The two sides explored opportunities for more military cooperation while noting that the relationship between the two friendly countries is exceptionally strong.



"The leadership assures that the exchange of expertise with acclaimed military institutions is important," he said adding that a memorandum of understanding might be signed by the two institutions soon. The head of the Italian military force welcomed the opening more channels of military cooperation between the countries.



The event aims to review the results of research projects implemented by Kuwaiti researchers and funded by the foundation. "The event aims to highlight high-level research, especially those that deal with topics within the foundation's strategy and related to national priorities such as energy, health, environment, food security, science, engineering and research on tackling the COVID pandemic," Fadhel said.

Dr Khawla Al-Shayji, Deputy Director General of Strategic Programs at KFAS, said: "This scientific event seeks to focus on research related to capacity development and the dissemination of science. It is an opportunity to share important and published research in prestigious scientific journals with the local scientific research community, which contributes to preparing researchers for future international conferences, improving the vision of Kuwaiti research from a global perspective and sharing their experience with Kuwaiti researchers," she added. —KUNA



In my view

Scientific research



By Dr Khalid Al-Saleh

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As soon as some people spot the words "scientific research", they stop reading the column. There is a lack of awareness among many citizens of our countries on the importance of scientific research and its relation to the improvement of their lives. Last week, a special meeting was held in the presence of Sharjah Ruler Sheikh Dr Sultan bin Mohammad Al-Qasimi and ministers from Gulf Cooperation Council member countries, including Kuwaiti Health Minister Dr Ahmad Al-Awadhi, to discuss the need of our region a reference center for cancer research. This meeting was part of the sixth joint Gulf conference on cancer in GCC countries to be held in Sharjah from Nov 21 to 23.

Cancers are among chronic diseases that have gained major interest from a majority of countries, especially since we doctors are still far from recognizing their direct causes and we are still searching for more risk factors of cancers so we may succeed in halting their spread.

There is a clear failure in the field of scientific research in GCC countries. Although GCC countries are considered high-income countries, we spend less than one percent of our GDP on scientific research. In Kuwait, we spent 0.59 percent, UAE 0.6 percent, while the rest of the Gulf countries are close to this percentage or even less. Of course all these percentages are less than the accepted rate around the world, as the US spent 2.84 percent of its national income on research (over \$168 billion), while Japan spends 3.2 percent of its national income (\$130 billion).

As for the Zionist entity, which is in the Middle East, it spends around 4.95 percent of its GDP on scientific research and publishes a number of annual research papers that are equal to 30,000 scientific papers per million people, compared to the entire Arab world that publishes around 1,700 scientific papers per million individuals.

As for our research cadres in the Arab world, including the GCC countries, they are way off, as the number of scientists in the US are over 3,500 per million. In Europe the number is around 2,400 scientists per million, but in our Arab world, it is no more than 360 - yes three hundred and sixty scientists per million individuals! Minimal spending, and scientists who either left or are appointed in jobs that are far from their specialties.

Challenges are many, but this time it is different, when a Gulf country take over this issue under the leadership of a man who is known for the love of science - the situation must change. We hope, as a first step, that leaders of GCC countries support the proposal of that meeting in which the International Agency for Research on Cancer participated with its Director Dr Elisabete Weiderpass. It is a proposal that opens the door for reference research centers, and we start with cancer. It does not stop at a certain limit, as the fields of sciences are many and expand every day.

The future of the Gulf will be more secure if scientific research becomes one of the means of evaluation, development and innovation. Each dinar spent on science brings back manyfold, and this is the true investment.