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Unrevealed Players that Affect Metabolic Diseases: Environmental Factors

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The prevalence of obesity is very high throughout the world and continues to increase. It is considered to be one of the most important issues in public health worldwide because it significantly increases the risk of various chronic diseases.

Classically, obesity is understood to be due to an imbalance in energy intake and consumption. However, recent research has revealed that various factors are involved in the pathophysiology of obesity.

Recently, we collaborated with a smartphone application startup to conduct a de-identified big data analysis on a

global scale. Through a series of studies, we have identified what constitutes a factor for effective weight loss in humans. In particular, through these studies, we have found that various environmental factors such as climate and fine dust can have a significant impact on intentional efforts for human weight control.

From these results, we can more clearly see that various environmental factors can directly affect human health. In addition, we have come to realize that the improvement of environmental factors surrounding us can make a meaningful contribution to human health promotion.