

## The effects of green coffee extract supplementation on body weight, lipid profile and adipocytokines in healthy overweight adults in Saudi Arabia

Fatimah Mohammed Ali Yousef and Khulud Ishak Patwa

King Abdulaziz University, Saudi Arabia

### Abstract

Abnormal excess of fat accumulation in adipose tissue is considered as overweight with Body Mass Index (BMI) from 25 to 29.9 Kg/m<sup>2</sup>, which cues adversely affect. Overweight is a risk factor for many diseases such as some cancers including (endometria, breast, liver and colon), type II diabetes mellitus, hypertension, cardiovascular diseases, fatty liver disease, sleep apnea, and osteoarthritis. Overweight is considering a global world problem as estimated by world health organization (WHO). According WHO, in 2016 more than 1.9 billion of adults (40% of women and 39% of men) were overweight. In Arabian Gulf such as Qatar, Kuwait and Saudi Arabia there were high rates of overweight and obesity among adult (75-88% women, 70-85% men). Additionally, Saudi Arabia has one of the highest overweight prevalence rates among them. A clinical-based study in AL Khobar showed prevalence overweight and obesity among female aged 18-74 years was 65.4%. Similar result has been reported from Jeddah and Riyadh. Study conducted in south-western of Saudi Arabia at female university students, showed that the overweight and obesity among students was 23.8%. However, other study done in Jeddah and Qassim University in Saudi Arabia the prevalence of overweight was 29.8% and 21.8% in male students, respectively. Because of increasing the prevalence of overweight among adults in Saudi Arabia, there is an urgent need to work on reducing weight. So, our study aimed to investigate the effect of green coffee extract supplementation on body weight, lipid profile and adipocytokines among healthy overweight adults in Saudi Arabia for 22 weeks.



### Biography:

Fatimah Mohammed Ali Yousef is an Associated Professor in Nutritional Science with major fields of research interest in dietary, behavioral and lifestyle changes to improve health outcomes, physical performance and long-term maintenance. She has extensive background in nutritional sciences education, counseling and research, dietary assessment and analysis, public speaking, customer service. She has specialized expertise

in laboratory work, human research and in body composition methodology and public health and dietary supplements/fortification.

### Speaker Publications:

1. Fatimah M Yousef, Hala Kattab and Heba Abbas Sindi (2018) Effectiveness of Moringa oleifera L. leaves extract against methotrexate-induced acute hepatotoxicity in male rats. *International Journal of Pharmacology* 14:1029-1037.
2. Heba Abbas Sindi, Fatimah M Yousef and Bayan AbdulhafidAljahdali (2018) Vitamin D status and autoimmune disease (Hashimoto's Thyroiditis) in Saudi Arabian Women. *International Journal of Pharmaceutical and Phyto Pharmacological Research (eIJPPR)* 8(1):21-26.
3. Heba M Alsubhi, Fatimah M Yousef, Hani Zohair Almarzouki and Heba Abbas Sindi (2018) Effect of vitamin D and calcium supplementations on reducing the incidence of hypocalcemia after thyroidectomy. *World Journal of Medical Sciences* 15(2):69-75. ISSN 1817-3055.
4. Fatimah M Yousef (2017) Associations factors affecting on osteoporosis in postmenopausal women in Saudi Arabian, Jeddah. *International Journal of Pharmaceutical Research & Allied Sciences*, 6(2):204-212
5. Roaa A Alkhairat, Fatimah M Yousef and Heba A Sindi (2018) Effects of Salvia officinalis L. (Sage) on cognitive impairment in Saudi aging people. *International Journal of Current Research* 10(05):69358-69362.

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