

## Editorial Overview on Journal of Primary Care and General Practice

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Journal of Primary Care and General Practice aims to serve academic community on current knowledge and research evidence in order to improve primary health care for all. I would like to address metabolic health problems to be global health issue. Population worldwide have some manifestations of the metabolic diseases such as obesity, diabetes, hypertensive disorders, cardiovascular diseases, stroke, renal failure, cancer, Alzheimer's disease. These diseases result in many health problems and related complications affecting their working production, quality of life and life expectancy. Particularly, health care cost is so high and cause burden on family, community and public health services.

Known risk factors of metabolic health diseases is overconsumption of sugar, high fructose corn syrup, animal fat and trans-fat resulting in advanced glycation end products, mitochondrial dysfunction, endothelial cell dysfunction, inflammatory state and metabolic disorders. Therefore, effective metabolic health education and counselling should be provided for all communities. There are two main focuses on metabolic health promotion: consumption of healthy foods and doing effective exercise. Recommended healthy food items containing

adequate protein, healthy fat, essential vitamins and minerals should be researched and published for all communities. Avoiding overeating of unhealthy food items should be advised for all. In addition, doing effective exercise should be promoted and encouraged. All communities and organizations should offer fitness centers. Practicing of recommended exercise should be educated such as aerobic exercise, resistance exercise, stretching, yoga, tai chi, Qi gong.

Moreover, health care providers are the main person to be the role models and educators to enhance metabolic health literacy for individual at risk for developing of the metabolic diseases.

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