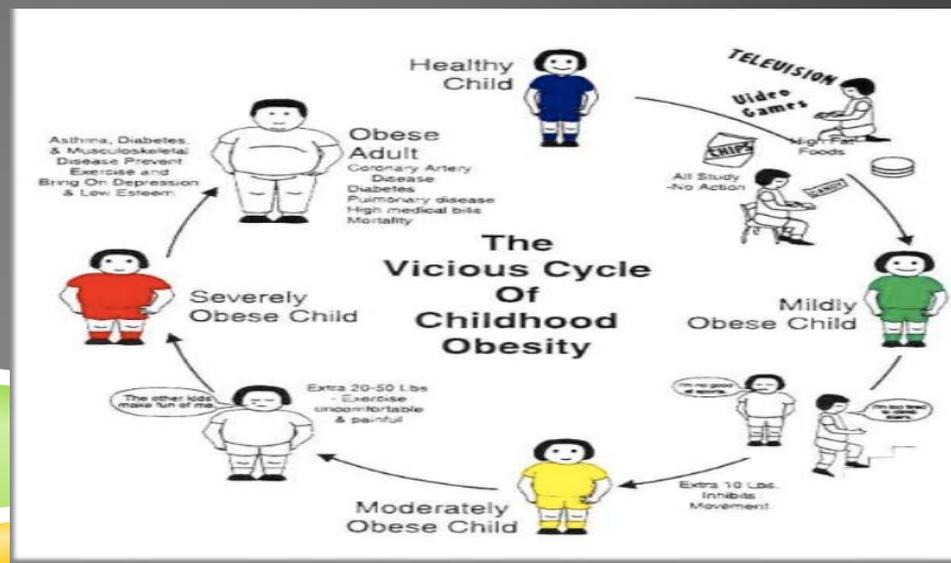




CHILDHOOD OBESITY AND ASSOCIATED HEALTH PROBLEMS

WHAT IS CHILDHOOD OBESITY

- ▶ Childhood obesity is a serious medical health condition that affects children and adolescents
- ▶ It is an abnormal or excessive fat accumulation that may damage health.
- ▶ A child is defined as “obese” if their body mass index-for-age (or BMI-for-age) percentile is greater than 95 percent
- ▶ A child is defined as “overweight” if their body mass index-for-age percentile is greater than 85 percent and less than 95 percent



CAUSES/ CONTRIBUTOR FACTORS

- ▶ An energy imbalance between calories consumed and calories expended
- ▶ Genetics: several genes are responsible for obesity-increased fat-cells numbers and also a higher degree of obesity in parents is associated with a higher risk of obesity in their children
- ▶ Behavioral
 - less physical activity
 - Sedentary life style such as watching TV for longer hours per day
 - Short sleep patterns
- ▶ Environmental
 - Socioeconomic factors

ASSOCIATED PHYSICAL HEALTH PROBLEMS

- ▶ Type 2 diabetes recently occur in children
- ▶ Early sign of cardiovascular diseases such as stroke, atherosclerosis
- ▶ Hypertension
- ▶ Fatty liver diseases
- ▶ Dyslipidemia
- ▶ High cholesterol

ASSOCIATED PSYCHOLOGICAL HEALTH PROBLEMS

- ▶ Obese children have adverse psychological experiences than their normal weight peers, such as emotional, social and psychological problems
- ▶ Bullying in school, teasing and stigmatization are the main reasons for psychosocial problems in obese children. These problems have significant impact on a weight problem in children, and those children may have smaller social circle in school
- ▶ Low academic performance: overweight and obese children are more likely having problems at school than their normal weight friends

HOW TO PREVENT IT

- ❖ Overweight and obesity, as well as their related non-communicable diseases, are totally preventable. One of the best strategies to reduce childhood obesity is to improve the eating and exercise habits of your entire family
- ❖ Treating and preventing childhood obesity helps protect your child's health now and in the future

Some of the best strategies to prevent childhood obesity are

- ▶ limiting the consumption of sugar-sweetened beverages;
- ▶ Increase consuming fruits and vegetables;
- ▶ limiting television and screen time to less than 2 hours per day;
- ▶ limiting fast food;
- ▶ Encouraging family meals;
- ▶ limiting portion size;
- ▶ Increase outdoor activities

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