



OBESITY

By Dr. Amina Siddique

Ministry of community development



WHAT IS OBESITY???

- Obesity is the excessive or abnormal accumulation of fat or adipose tissue in the body that may impair health.
- • Weight gain is the imbalance between caloric intake and energy expenditure.



WHAT CAUSES OBESITY???

- Calories

The energy value of food is measured in units called calories

- Diet

1. eating large amounts of processed or fast food
2. drinking too much alcohol – alcohol contains a lot of calories
3. eating out a lot
4. eating larger portions than you need
5. drinking too many sugary drinks
6. comfort eating

Reconstituted Orange Mixed Fruit Juice
Ingredients: Purified water, White Grape Juice Concentrate, Orange Juice Concentrate, Apple Juice Concentrate, Lemon Juice Concentrate, Natural Flavours (Orange and Grape). Fruit Content 100%. Store at max 25°C, Refrigerate between 1 - 5°C once opened and consume within 3 days of opening. Shake well before use, Serve chilled, Heat treated and aseptically packed.

Nutrition Facts	
1 serving per container	235 ml
Serving Size	
Amount Per Serving	108
Calories	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0.2%
Total Carbohydrate 26g	10%
Dietary Fiber 0.3g	1%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 0g	



CAUSES”

- Physical inactivity
- Genetics- Prader-Willi syndrome
- Medical reasons
 1. an underactive thyroid gland (hypothyroidism) – where your thyroid gland does not produce enough hormones
 2. Cushing's syndrome – a rare disorder that causes the over-production of steroid hormones

WHAT CAUSES OBESITY?

- Medicines
- Antidepressants
- Antipsychotics
- Beta-blockers, which are used to treat high blood pressure
- Birth control
- Glucocorticoids, which are often used to treat autoimmune disease
- Insulin, which is a hormone taken to control blood sugar levels in people with diabetes



WHAT ARE THE COMPLICATIONS OF OBESITY?

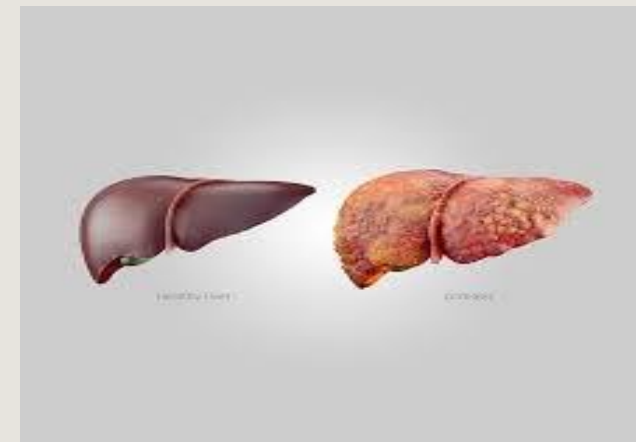
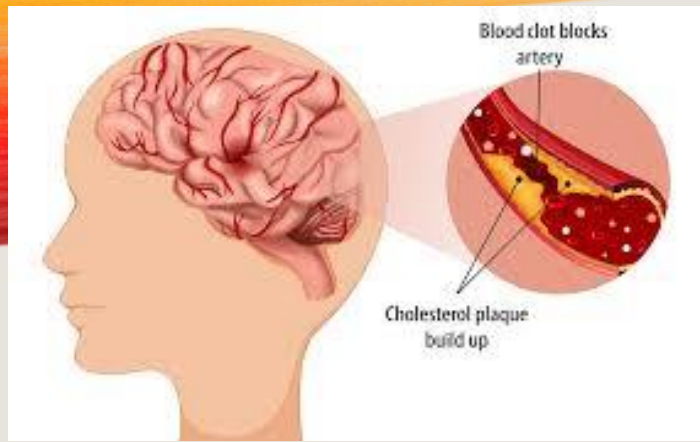
- •Type 2 diabetes.
- •High blood pressure.
- •Stroke.
- •Heart disease.
- •Gallbladder disease.
- •Osteoarthritis.
- ●poor wound healing.
- •Sleep apnea,(dangerous sleep disorder in which breathing repeatedly stops and starts).
- •High cholesterol and triglycerides.
- •Metabolic syndrome.
- •Cancer.
- •Depression.

Complications of Obesity

- **PULMONARY DISEASES**
 - abnormal function
 - sleep apnea
 - hypoventilation
- **LIVER DISEASES**
 - steatosis
 - steatohepatitis
 - cirrhosis
- **GALL BLADDER DISEASE**
- **OSTEOARTHRITIS**
- **CATARACTS**
- **STROKE**
- **CANCER**
 - breast, colon, kidney, prostate, uterus, esophagus, cervix, pancreas.
- **HEART DISEASE**
- **STROKE**
- **DIABETES**
- **PANCREATITIS**
- **GOUT**
- **DEATH***

*1 In 5 US Deaths Linked To Being Overweight Or Obese.
source: American Journal of Public Health





Fighting the Epidemic

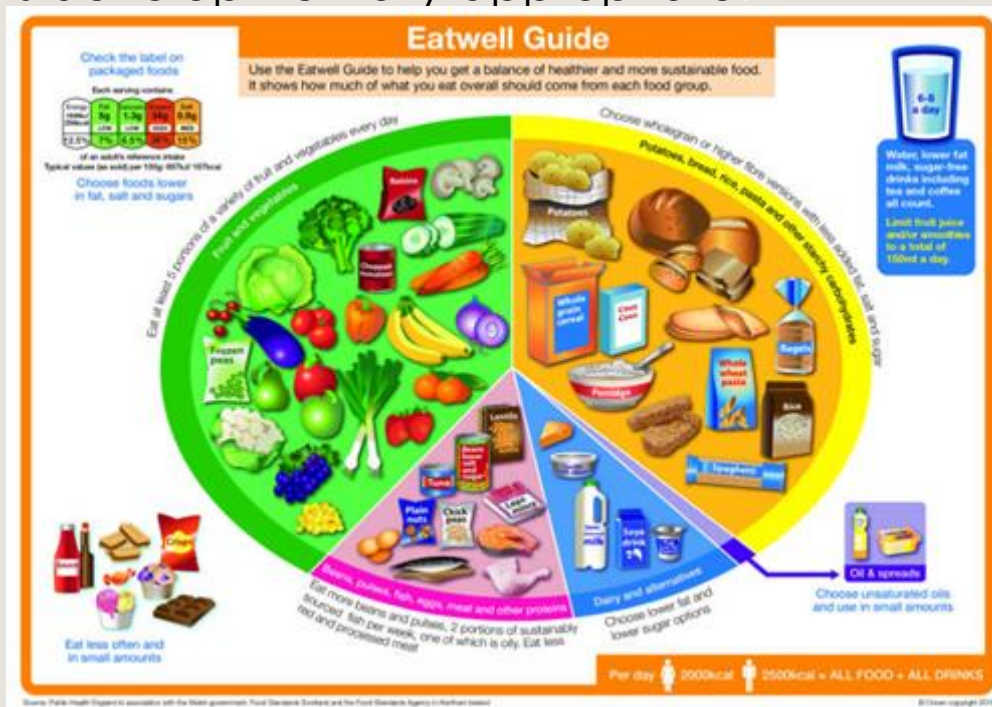
WHO recommends the following to reduce and prevent childhood overweight and obesity:

Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts

Limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fats

Limit the intake of sugars

Be physically active and accumulate at least 60 minutes of regular, moderate- to vigorous-intensity activity each day that is developmentally appropriate.




- Fruit & veg
- Carbohydrates
- Meat & proteins
- Dairy & alternatives
- Oils & spreads



BMI

- • Obesity is determined using the **Body Mass Index (BMI)**.
- To use the calculator, you will need to know your:
 - height
 - Weight
- our BMI result will be displayed as a number with one of these weight categories:
 - **underweight**
 - **a healthy weight**
 - **overweight**
 - **obese**

- 
- The BMI is calculated by dividing an adult's weight in kilograms by their height in metres squared.
 - For example, if you weigh 70kg and are 1.73m (around 5 foot 8 inches) tall, you work out your BMI by:
 - squaring your height in metres: $1.73 \times 1.73 = 2.99$
 - dividing your weight in kilograms: $70 \div 2.99 = 23.41$
 - Your result will be displayed to one decimal place, for example, 23.4.

Body Mass Index (BMI) Chart

Below 18.5	Underweight
18.5 - 24.9	Normal Weight
25.0 - 29.9	Overweight
30.0 - 34.9	Obesity Class 1
35.0 - 39.9	Obesity Class 2
Above 40	Obesity Class 3



TREATMENT

This plan include:

- **Dietary changes.**
- **Exercise and activity.**
- **Behavior change.**
- **Prescription medication.**
- **Weight-loss surgery**



Burns fat

↓ risk of chronic diseases

↑ strength of muscles and
bones

↑ fitness and healthy lifestyle

↑ balance and coordination

Builds core skills



↑ confidence and self-esteem

↓ stress, anxiety and
depression

↑ sleep

↑ friendships and social skills

↑ concentration, learning and
academic performance

Encouraging a child participate in regular physical activity between the ages of 5 - 12 years old will benefit their body and mind health in a variety of ways including mentally, physically and academically [5][6][7][8][9].

Physical activity for children and young people (5 – 18 Years)

 BUILDS CONFIDENCE & SOCIAL SKILLS	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 STRENGTHENS MUSCLES & BONES
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES HEALTH & FITNESS
	 IMPROVES SLEEP
	 MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for at least **60** minutes everyday

All activities should make you breathe faster & feel warmer

 PLAY	 RUN/WALK	<p>Include muscle and bone strengthening activities</p> <p>3 TIMES PER WEEK</p>	 BIKE	 ACTIVE TRAVEL
 SWIM	 SKATE		 SPORT	 PE
 SKIP	 CLIMB		 WORKOUT	 DANCE

Sit less



LOUNGING

Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

MODERATE ACTIVITIES

Cycling on flat ground

Walking to school

Playing in the playground

Walking the dog

Riding a scooter

Rollerblading [11]



VIGOROUS ACTIVITY

Swimming

Running

Gymnastics

Football

Karate

Rugby[11]

Every one-minute of vigorous activity provides the same health benefits as two-minutes of moderate activity





Do you find it difficult talking about it with your children?



Do you blame yourself?



Have you ever sought help?



Is there anything you feel you need/want to change?



Managing Childhood Obesity

HOOP

Find and book fun things to do in your local area for children aged 0-11 years old. (iOS & Android)

Wuf Shanti Yoga Fun Machine

Yoga app using games and music to promote health and happiness for your child through yoga, meditation and mindfulness. (iOS)



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