



Cihan University/ College of Health Technology

Department of Nutrition

## Child's Obesity

Prepared by A.L. Amani Layth Hameed

# Objectives

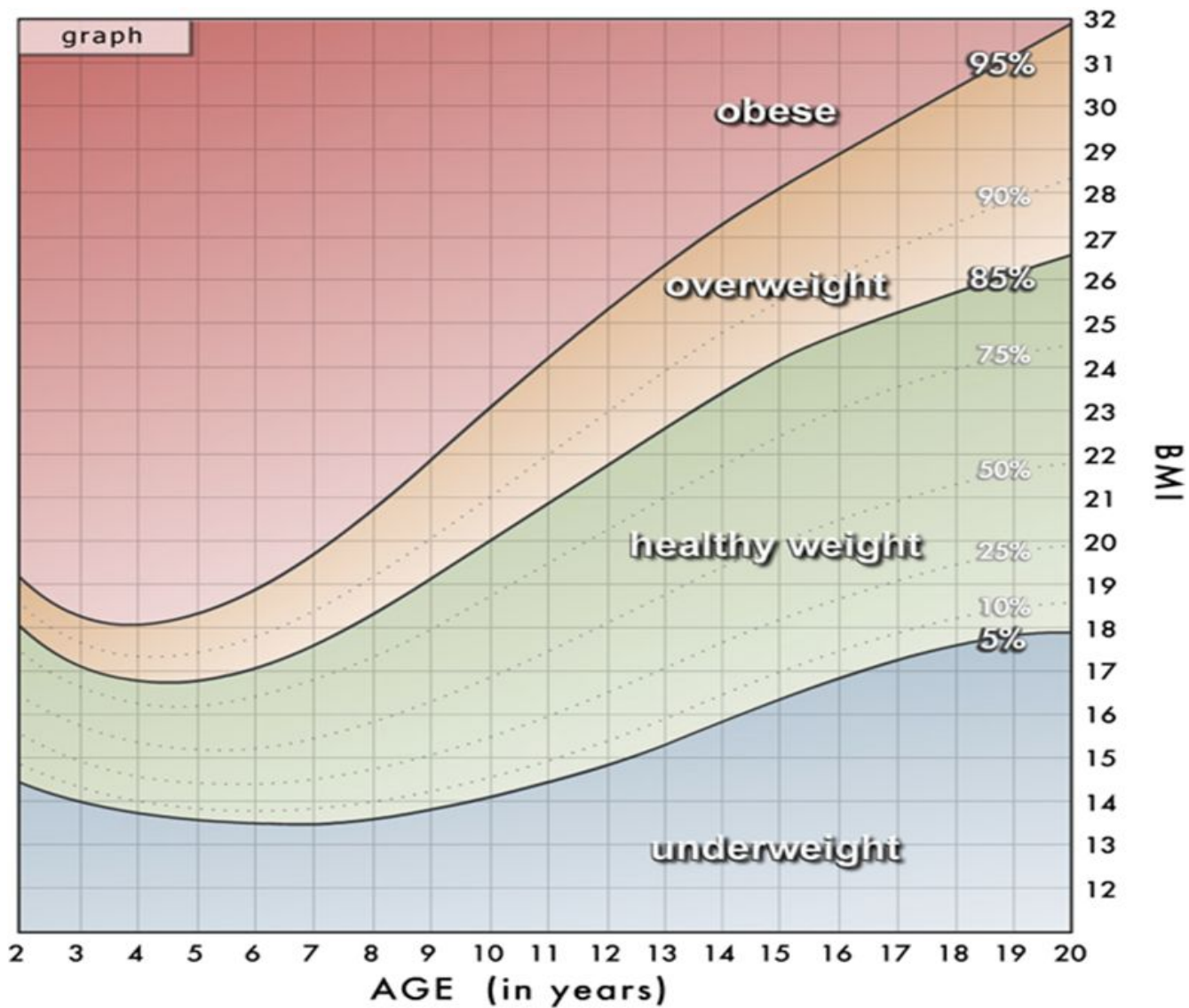
1. Introduction
2. Child's Life Cycle Stage
3. Children BMI
4. Adiposity Rebound and Physiological Development
5. Cognitive Development
6. Body Image and Excessive Dieting
7. Eating behavior
8. Childhood Obesity

# Introduction

- Brain storming question:
- When do you think child's obesity starts?

# Child's Life Cycle Stages

- Infancy: Age newborn to one year old
- Toddler: Age one to two years old
- Childhood: Age 2- 4 years old
- Middle childhood—between the ages of 5 and 10 years
- Preadolescence—ages 9 to 11 years for girls; ages 10 to 12 years for boys



# Adiposity Rebound

What is Adiposity Rebound?

It is a period of increasing body mass index after the early childhood, usually about 6-7 years old.

In early childhood, body fat reaches a minimum then increases in preparation for adolescent growth increase.

# Physiological Development

## Cognitive Development

1. Self-efficacy, which includes knowledge of what to do and the ability to do it.
2. Change from preoperational period to concrete operations
3. Develops sense of self
4. More independent and learn family roles
5. Peer relationships become important

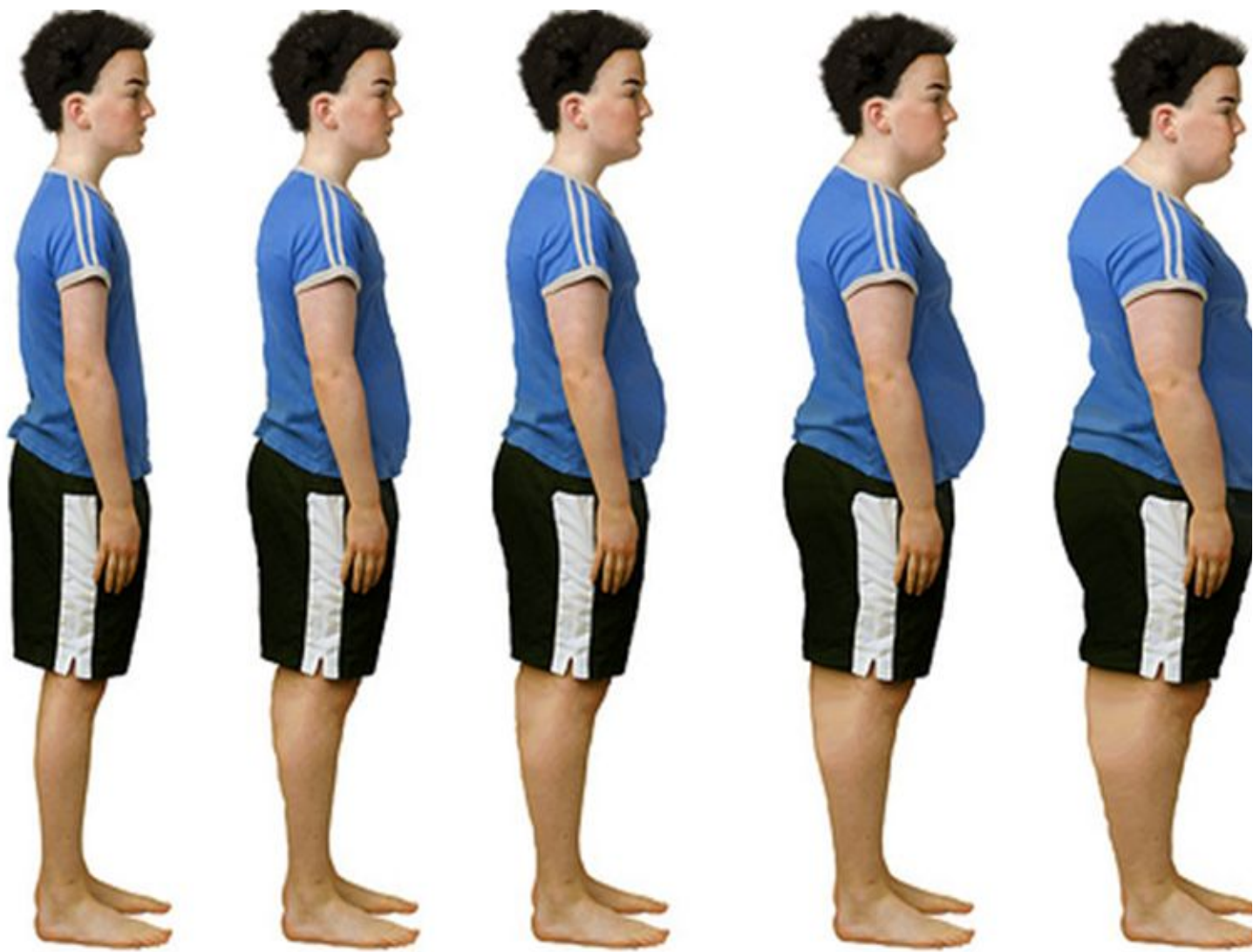
## Cognitive Development cont.

6. Motor coordination and improved feeding skills
7. Masters use of eating utensils
8. Involved in food preparation
9. Complexities of skills with age
10. Learning about different foods, simple food preparation and basic nutrition facts.

# Overweight and obesity in Children

## □ What is it? Thoughts?

Overweight and obese children have an increased risk to stay obese towards adulthood and more likely to develop non-communicable disease like diabetes mellitus and cardiovascular disease at a younger age.



# Health consequences of obesity

## 1. Short term consequences

- Psychological co-morbidity
- Cardiovascular risk factors
- Asthma
- Chronic inflammation

## 2. Long term consequences

- Persistence of obesity
- Persistence of cardiovascular risk factors
- Premature morbidity and increased risk of premature mortality

# Predictors of Childhood Obesity

1. Age at onset of BMI rebound
2. Home environment
3. Maternal and/or Parental obesity predictor of childhood obesity.
4. Media influence weight and body size for both genders.
5. Body Image and Excessive Dieting
6. Outside Influences

# Body Image/Excessive Dieting cont.

Early “dieting” may actually be a risk factor for the development of obesity? WHY?

Answer:

1. controlling child- feeding practices will restrict children’s food intake.
2. Ignore internal cause of hunger and satiety.
3. contribute to the onset of obesity and beginnings of eating disorders

# Prevention and Treatment of Overweight and Obesity

- Treatment consists of a multi-components:
  1. Parent training
  2. Dietary counseling/education
  3. Physical activity – Behavioral counseling

# Nutrition and Prevention of Obesity in Children

1. Include sources of linoleic (omega-6) and alpha-linolenic (omega-3) fatty acids
2. Limit saturated fats, cholesterol and trans fats
3. Increase soluble fibers, maintain weight, and include physical activity

# Food choices for Child's obesity prevention

1. Diet should emphasize on:
  - i. Fruits and vegetables
  - ii. Low-fat dairy products
  - iii. Whole-grain breads and cereals
  - iv. Seeds, nuts, fish, and lean meats



# Technics for Child's weight loss

1. Physical Activity: It is recommended that children engage in at least 60 minutes of physical activity every day.
2. Limit television and video/DVD watching, computer and video game playing.
3. Emphasize on healthy diet intake

**Preventing  
Childhood  
Obesity:  
shaping  
the  
future**



[www.shilpsnutrilife.com](http://www.shilpsnutrilife.com)

Thanks for listening  
Any questions?