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*HOKKAIDO UNIVERSITY*
Child obesity is prevalent in developing countries!
Azusa Uemura
Laboratory of Human Ecology, Graduate School of Health Sciences, Hokkaido University

Background

Now, obesity is the most important public health concern around the world!

Worldwide trend

- Obesity is prevalent in...
  - only high-income countries ➔ low-, middle- income countries (particularly urban areas)
  - only adults ➔ children

Indonesia

- Economic development has been accelerated. (GDP doubled ! ±2005–2009)
- Child obesity increases in urban areas*.

In my study, focus on lifestyle of obese children.

dietary intake

Ask about both “quality” and “quantity” of what they ate and drank.

Food recall

- What did you eat?
- When did you eat?
- How many meals did you eat?

2. Estimate the portion size

- There are many “outside food stores” around the school.

3. Calculate TEI (total energy intake) and nutrition intake

- Energy was approximately equal to RDA (recommended daily allowance) of Indonesia in both boys and girls.

- Energy was approximately equal to RDA (recommended daily allowance) of Indonesia in both boys and girls.

(Ex. RDA: boys 2,400 / girls 2,350 kcal)

physical activity

Attach the accelerometer for 7 consecutive days.

Acceleration monitoring

- PAL: Light to Moderate
- STEP < recommended level

Discussion

Dietary intake was appropriate, but physical activity level was low.

To prevent childhood obesity…?

Maintain healthy body weight and fat percentage.

To prevent childhood obesity...

Evaluate accurately own dietary intake

Incorporate exercise into daily life

Future prospects

- Reveal current status of prevalent of child obesity and examine lifestyle of them in rural area of Indonesia.
  ⇒ Compare those data in rural to urban area.

- Examine characteristics of obese children in detail.

(Ex. cardiopulmonary function, QOL, characteristics of parents)

Acknowledgments

- Taro Yamashita Ph.D : Faculty of Health Sciences, Hokkaido Univ.
- Maria Mexitalia : Faculty of Medicine, Doshomugo Univ, Indonesia
- All members of SmileLab

References

- Torun B et al. (1996) Energy requirements and dietary energy recommendations for children and adolescents 1 to 18 years old; European journal of clinical nutrition, 50 (1), pp.37-40

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