Child obesity is prevalent in developing countries!

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Child obesity is prevalent in developing countries!

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Background

Obesity increases lifestyle-related diseases!

Why childhood obesity is serious health concern?

- It relates to adulthood obesity.
- It develops lifestyle-related diseases at a younger age.

In my study, focus on lifestyle of obese children.

Discussion

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

To prevent childhood obesity…?

Evaluate accurately own dietary intake
Incorporate exercise into daily life
Maintain healthy body weight and fat percentage.

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 PhD: Faculty of Health Sciences, Hokkaido Univ.
- Maria Meztialia: Faculty of Medicine, Gadjah Mada 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.37-48

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*. 

Study area

Jakarta
Semarang urban area capital of the province of Central Java

Children obesity increases in urban areas in Indonesia.

Why childhood obesity is serious health concern?

There are many "outside food stores" around the school.

How many much did you eat?

Compared data from a nationwide survey in Indonesia, the mean "weight for height" of both boys and girls exceeded the 97th percentile.

Compared to US CDC growth chart (2000)

Comparison to US CDC growth chart (2000)

BMI of both boys and girls almost corresponded to the 97th percentile.

Examine characteristics of obese children.

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

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

(boys 14,000 / girls 11,000 kcal)

 création d.International Nutrition Foundation

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