

Obesity in Children

Student name: Malk adel Dahomey

Student number: 3630

Year: 1

Dr name: Fatima altarhuni

Block : PTS



OBJECTIVES



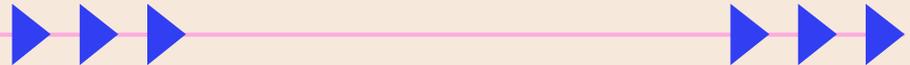
1 Define of obesity, overweight, BMi

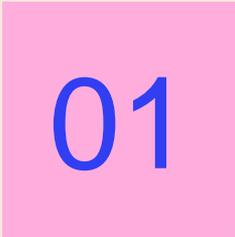
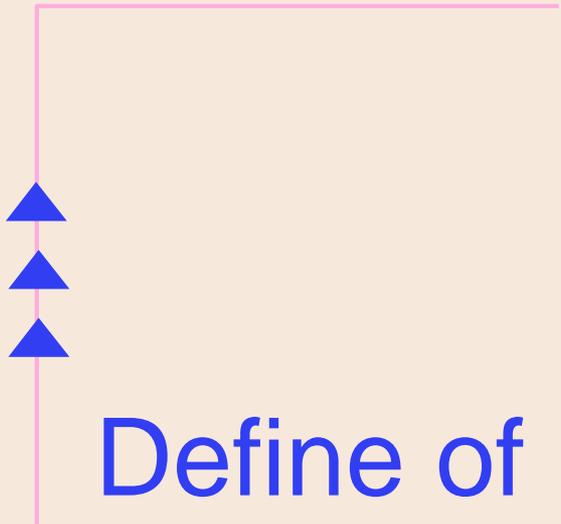
2 What is Obesity vs Overweight

3 Cause of Obesity

4 Effect of Obesity in Children

5 Protection From Obesity





01

Define of
obesity, overweight, BMi

1- Define obesity:

as an excessive or abnormal accumulation of fat that is detrimental to one's health. The main cause of overweight and obesity is an energy imbalance between the calories that enter the body and the calories it burns

2- define overweight:

overweight: BMI at the 85th and below
95th percentiles

obese: BMI at or above 95th percentile

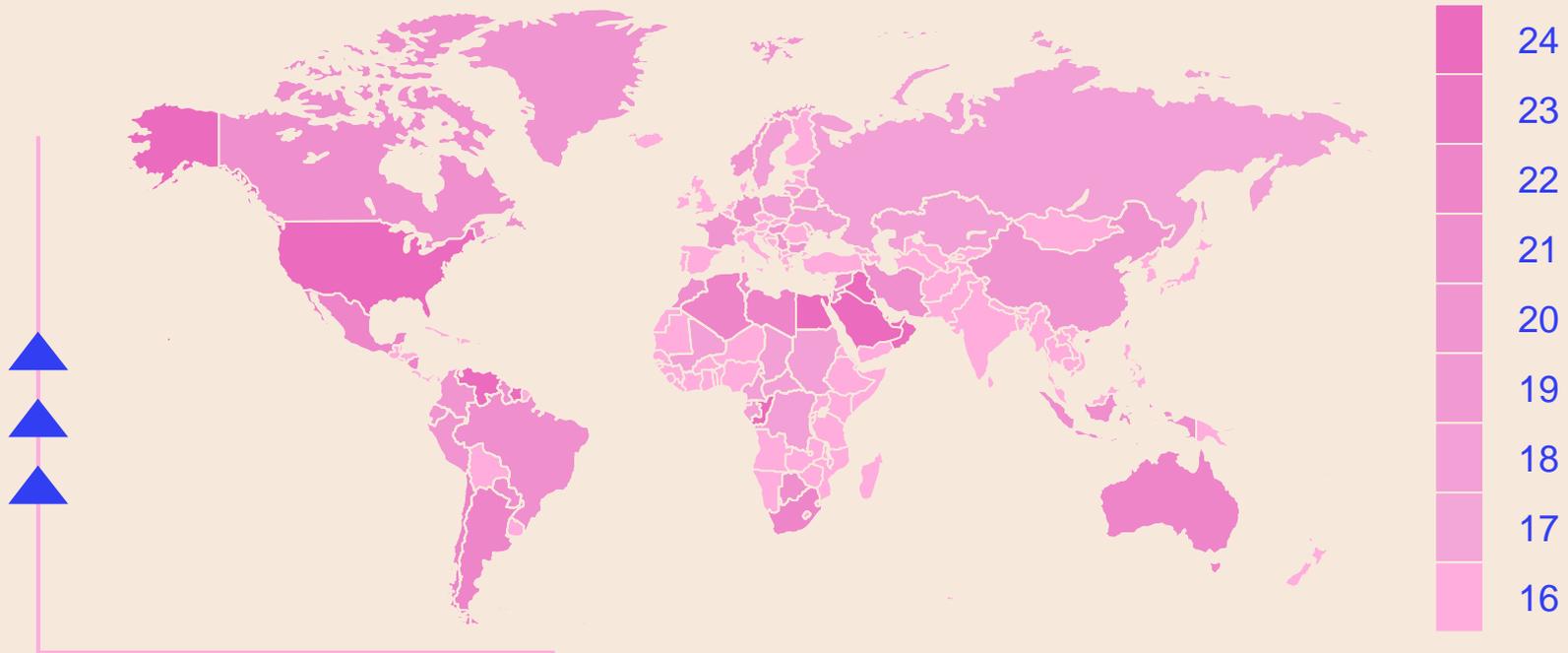
normal weight: BMI at the 5th and less than the 85th
percentile

underweight: BMI below the 5th percentile

3- Define Body mass index (BMI)

is a measure of a person's weight in relation to their height. It's more of an indicator than a direct measure of total body fat.

Average BMI in children





02

What is the Difference Between Overweight And Obesity?



Overweight

Obesity

What is it ?

A disease marked by excessive generalized deposition and storage of fat, with a BMI (Body mass index) of over 30.

A condition where the person weighs more than what is considered normal for that height, age and sex.

BMI Range

A person is considered obese when BMI is over 30.

A person is considered overweight when their BMI is between 25 and 29.9.

Risk Factors

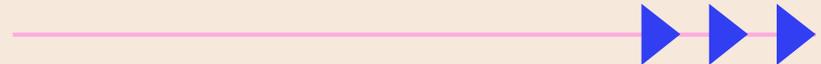
Coronary heart disease, high blood pressure, [diabetes](#), hypertension

Depression, high blood pressure.

Remedies / Treatment

Reduced calories, Exercising in extreme cases surgery

Exercise, reduced intake of food.



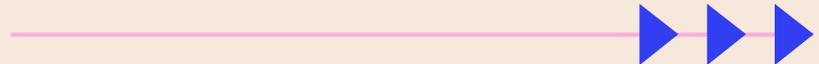


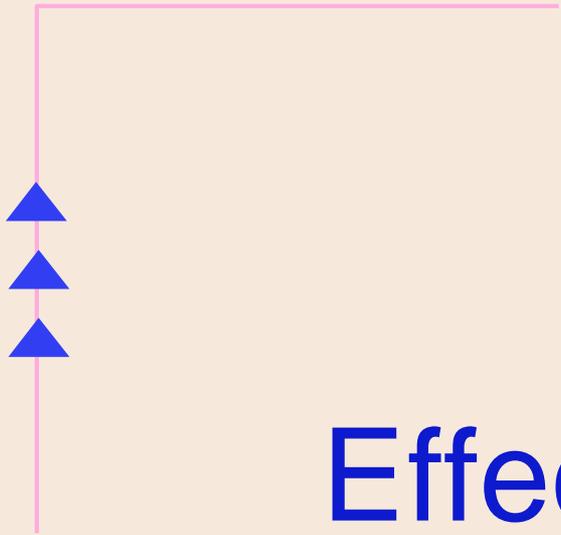
03

Cause of Obesity ?

The main causes of obesity:

- Who has a family history of disease.
- The nature of the diet of the individual or the family.
- Absence or lack of exercise.
- Some diseases, such as: and some medical problems can lead to lack of movement, such as: arthritis, which may result in weight gain.
- Some medicines, such as: antidepressants, some diabetes medicines, some epilepsy medicines and some contraceptives may lead to weight gain.
- Impaired sleep: Not getting enough sleep, or vice versa, can cause changes in hormones that increase appetite.





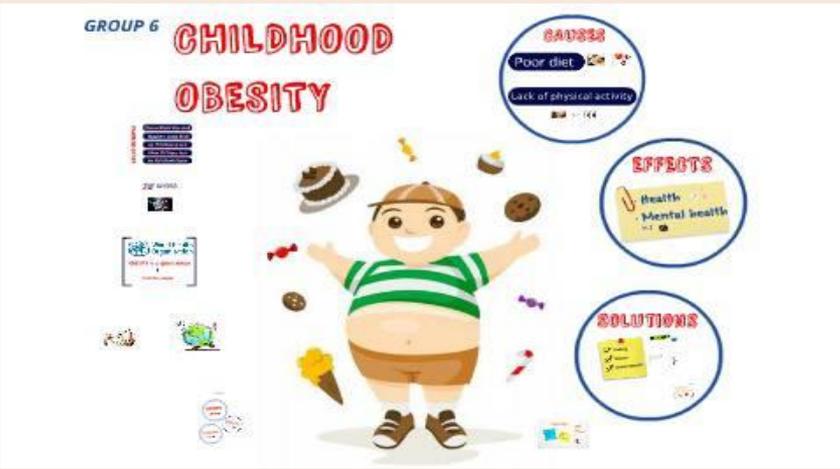
04

Effect of Obesity in Children ?

- Feeling tired and lacking in energy.
- Shortness of breath.
- difficulty sleeping
- Back and joint pain.
- Type 2 diabetes.
- High levels of cholesterol or triglycerides.
- Hypertension.
- Cardiovascular disease.



- Gout
- Chronic kidney disease.
- Some psychological problems: low self-esteem, poor self-confidence and isolation, and thus may lead to depression.
- Cancer: such as colorectal, breast, uterine, pancreatic, prostate, esophageal, liver and kidney cancers.



Obesity risks

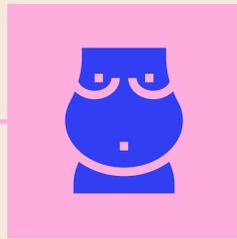
Now

Later

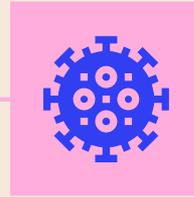
Depression



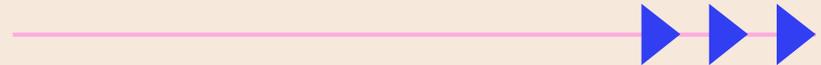
Diabetes

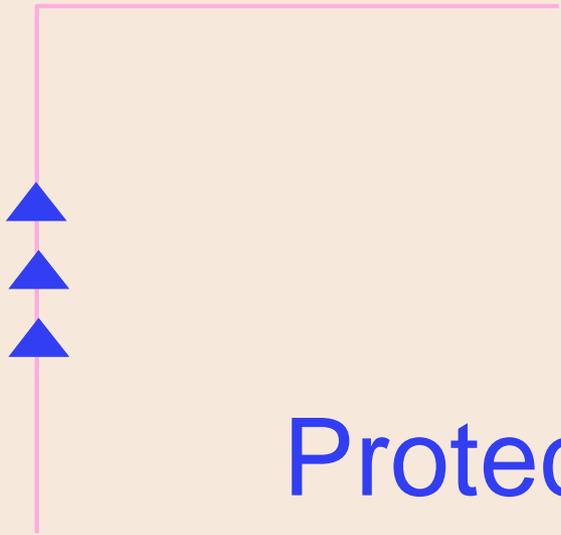


Cancer



Heart disease





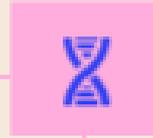
05

Protection From Obesity ?

Solutions

Medications for weight loss.

which are available by prescription.

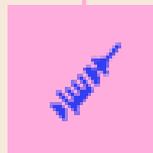


Exercise regularly.

Diet changes.



Changing wrong behaviours.



Weight loss surgery

For those with a BMI over 40.



(Summary)

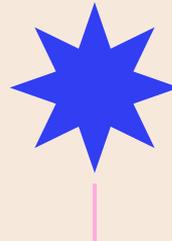
1. we talked about obesity and defined it as (excessive accumulation of fat)
2. the best indicator for obesity is BMI
3. overweight defined as BMI at the 85th and < 95th
4. overview on the different between obesity and overweight
5. a lot of causes as family h/o .. lack of exercise and some drugs and disease
6. Important complication of obesity are back and joints pain hypertension lacking of energy
7. and we can treat it by exercise.. avoid bad behavior .. and some medication

Reference

- Brown CL, Halvorson EE, Cohen GM, Lazorick S, Skelton JA.
- Addressing childhood obesity: opportunities for prevention.
- Pediatric Clinics. 2015 Oct 1;62(5):1241-61.

Vancouver

- Gurnani M, Birken C, Hamilton J. Childhood obesity: causes, consequences, and management. Pediatric Clinics. 2015 Aug 1;62(4):821-40.



Thanks!

