

Health & Wellness Newsletter

YOUR HEALTH, OUR PRIORITY!

OCTOBER 2024



Obesity is one of the most common childhood chronic condition. Childhood obesity is a complex chronic (long-term) condition that happens when your child is above a healthy weight for their age.

WHAT CAUSES CHILDHOOD OBESITY?

1-EATING UNHEALTHY FOOD AND SEDENTARY LIFESTYLE

Your child needs a certain amount of calories for growth and development. But when they take in more calories than they use, their body stores the extra calories as fat. Some children are at a greater risk for weight gain than others.

2-GENETICS

Genetic factors can increase the likelihood that your child will have obesity. Children whose biological parents or siblings have obesity may be more likely to develop the condition themselves. Studies show that various genes may contribute to weight gain. But not all children with a family history of obesity will develop it.

3-FAMILY AND HOME ENVIRONMENT

- The type of food parents and caregivers offer their children and how often.
- Having sugar-sweetened beverages.
- Eating larger portion sizes.
- Increased intake of highly processed foods.
- Dining out instead of cooking meals at home.
- Increased screen time.
- Lack of physical activity (sedentary behaviour).
- Lack of quality sleep.
- Passive smoking



4-SOCIAL FACTORS

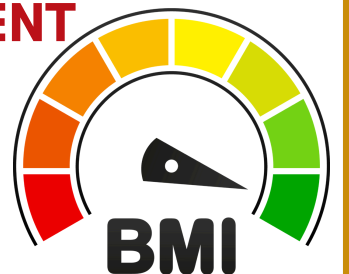
- The cost and accessibility of healthy food options.
- Proximity (closeness) of fast food.
- Transportation access.
- Your network or social support system.
- Limited access to parks in your community, or other safe places to be active.

5-OTHER HEALTH CONDITIONS

- Hormone imbalances like hypothyroidism, growth hormone deficiency, Cushing's disease
- Rare genetic conditions
- Some medications



RESPONSIBILITY OF THE SCHOOL CLINIC IN OVERWEIGHT AND OBESITY MANAGEMENT



- Monitoring and maintaining of students intake of healthy food.
- Monitoring of BMI and comparison with previous years.
- Monitoring of school canteen.
- Educate parents and students.

CHILDHOOD OBESITY

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COMPLICATIONS

- High blood pressure.
- High cholesterol (dyslipidaemia).
- Insulin resistance, prediabetes and Type 2 diabetes.
- Nonalcohol-related fatty liver disease.
- Asthma.
- Obstructive sleep apnea.
- Polycystic ovarian syndrome (PCOS).
- Depression.
- Weight bearing Joint pain such as knee, hip, ankle.
- Bullying.
- Social isolation.
- Low self-esteem



PREVENTION

- Gradually work to change family eating habits and activity levels.
- Be a role model. Parents who eat healthy foods and participate in physical activity set a good example for their children.
- Encourage physical activity. Children should have 60 minutes of moderate physical activity minimum 3 days per week. More than 60 minutes of activity may promote weight loss and provide weight maintenance.
- Reduce screen time in front of phones, computers, and TV.
- Encourage children and teens to eat only when hungry and to eat slowly.
- Don't use food as a reward or withhold food as a punishment.
- Keep the refrigerator stocked with fat-free or low-fat milk, fresh fruit, and vegetables instead of soft drinks and snacks high in sugar and fat.
- Serve at least five servings of fruits and vegetables daily.
- Encourage children and teens to drink water rather than beverages with added sugar, such as soft drinks, sports drinks, and fruit juice drinks.
- Eat meals together as a family. Family meal can create healthier eating habits.
- Genetic and medication-based factors are out of your control.



IMPORTANT

If your child is overweight or obese, it is important to exclude pathological causes for obesity and detect complications of obesity.

Please visit a pediatrician and get a proper follow up plan for your child.

If you have any concerns you may contact the clinic team , clinic@oxford.sch.ae or doctor@oxford.sch.ae

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