

Tackling the time bomb- childhood obesity

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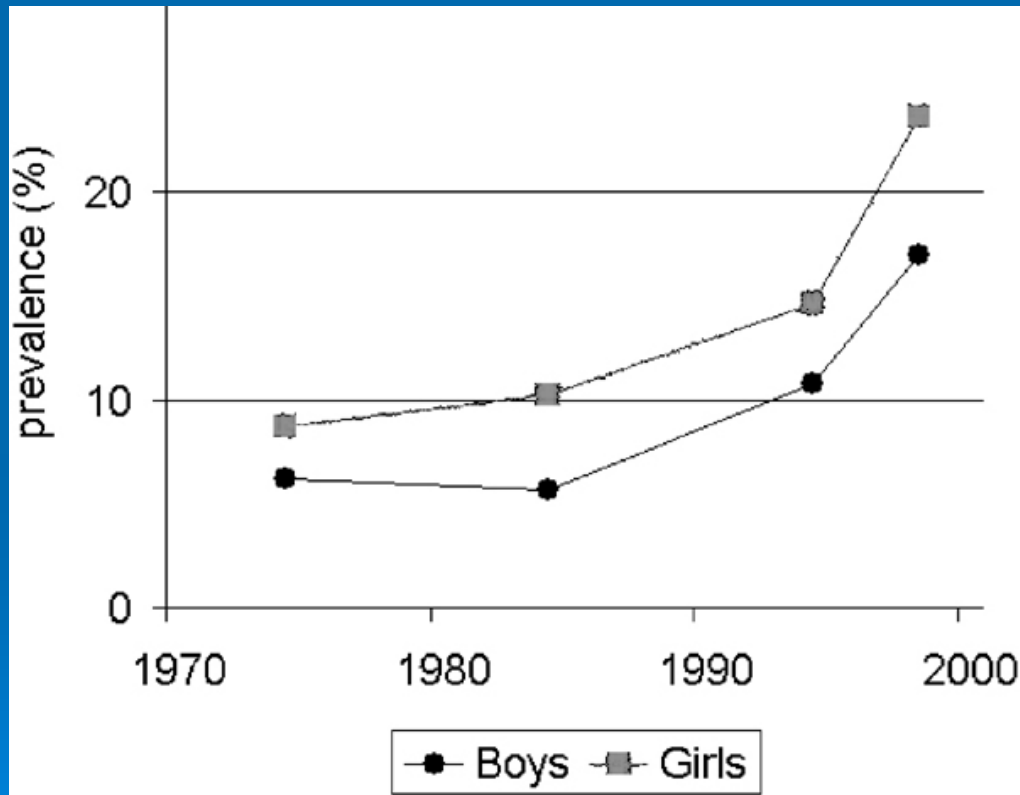
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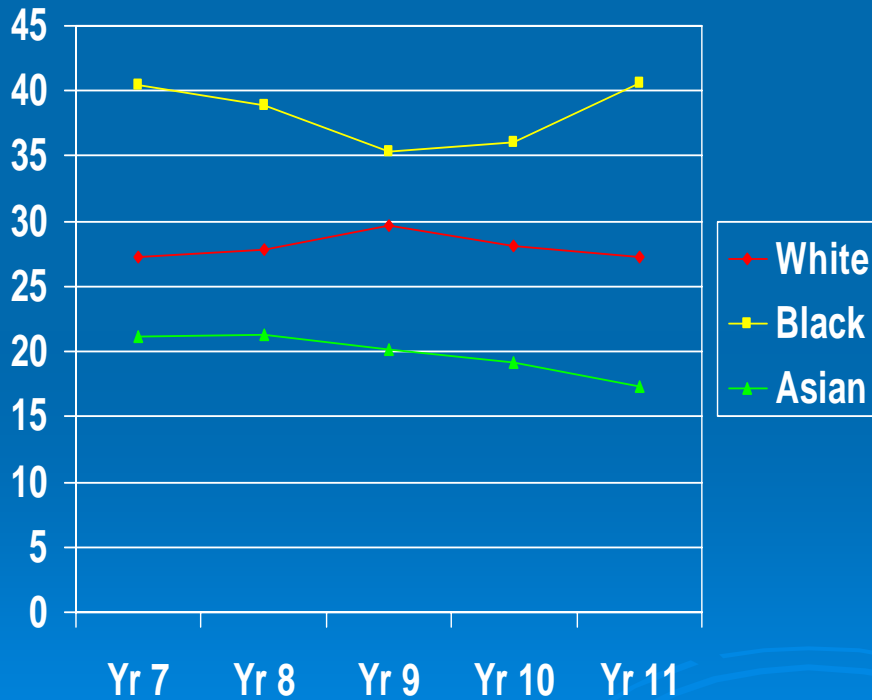
An increasing problem....



Trends in overweight (including obesity) among children aged 7-11 y, in 1998 compared with surveys in 1974, 1984 and 1994.

In some groups more than others...

Girls



Boys



BMJ, in press



"I'm so pleased you're pregnant, I thought it was childhood obesity"

But does it matter?

➤ Physical health consequences

- Insulin resistance

Comes with an increased risk of hyperinsulinaemia, raised BP, atherogenic lipid profile, Type 2 diabetes, PCOS

- Orthopaedic problems
- Sleep apnoea
- Asthma

➤ Psychological and social consequences

- Weight-related teasing
- Impacts on self-esteem

➤ Increased risk of being overweight or obese as an adult

