

In The Name of God

Issues in Children's Obesity

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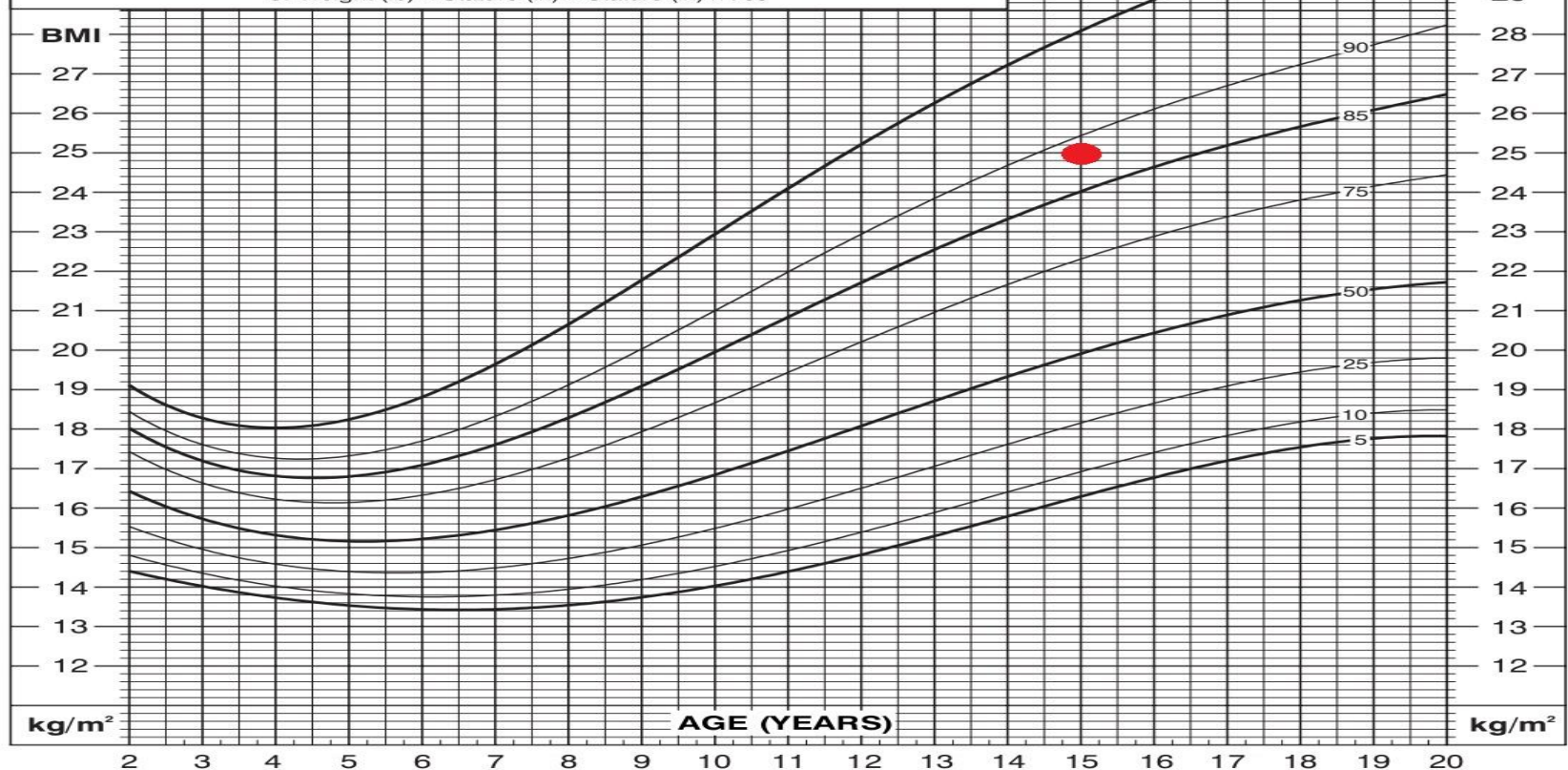
Body mass index-for-age percentiles

NAME _____

RECORD # _____

[illegible]

***To Calculate BMI:** Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <http://www.cdc.gov/growthcharts>



SAFER • HEALTHIER • PEOPLE™

Clinical Limitation of BMI

Age, sex, height, ethnicity, and muscle mass can influence the relationship between BMI and body fat.

BMI does not distinguish between excess fat, muscle, and bone mass or fat distribution.

BMI is correlated with weight more than fat.

Fat Distribution versus Total Body Fat!!!

What is the **primary cause of her weight gain?**

Patients' History

Economic situation of the family is good.

Her **mother** is obese.

She doesn't **exercise**.

Total time that he spends in front of TV and computer is about **six hours per day**.

She **loves** fast foods, carbonated beverages, snacks such as fruit drinks, creamy cakes, French ferries, ice cream.

She **goes to bed late** at 12 or 1 o'clock.

She eats his breakfast at home.

She has one snack in the morning and two snacks in the afternoon.

24 Hour Dietary Analysis

Total energy intake	= 2300 kcal
% protein intake	= 11 % = 64g/day
% fat intake	= 32 % = 82g/day
% CHO intake	= 57 % = 328g/day
% complex CHO	= 42 % = 242g/day
% simple sugar	= 15 % = 86g/day

What is the general principles of weight management in this child in regard to energy intake?

Is A Calorie A Calorie?

Total Energy Intake versus Dietary Composition!!



Obesogenic Environment!!!

Is this child **ready and motivated to lose weight?**

**What specific recommendations would we make
for **this child's family?****

What is the general principles of weight management in this case in regard to energy expenditure.

Fatty Liver Management

weight loss is the only therapy with reasonable evidence suggesting it is beneficial and safe.

How would **we monitor the outcome of our intervention?**

***THANKS FOR YOUR
ATTENTION***

M. H. Eftekhari Ph.D