

JOINT EVENT

10th International Conference on **Childhood Obesity and Nutrition**
&
2nd International Conference on **Metabolic and Bariatric Surgery**

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Childhood obesity and nutrition in children age in BulgariaSvetoslav Handjiev¹ and Teodora Handjieva-Darlenska²¹Bulgaria. Bulgarian Association for the Study of Obesity and Related Diseases (BASORD), Bulgaria²Medical University-Sofia, Bulgaria

In the last decades childhood obesity is growing progressively worldwide. According to WHO Bulgaria is on the fifth place of childhood obesity among 53 member countries in Europe. Furthermore, according to the National survey on nutrition in the population above 1-years old obesity in boys below 5 years was 7.1% in 2014 in comparison with 3.3% in the same age in 2004. There is a positive trend towards a slight decrease in obesity levels in girls below 5 years with 2.7% in 2014 compared to 5.4% in 2004. However, the data presented on October 9th 2016, the World Obesity Day, showed that in Bulgaria 230 000 school-age children are expected to be overweight or obese by 2025. Obesity puts our children health in danger. By 2025 as many as 8 000 will have impaired glucose tolerance, 2 000 will have type 2 diabetes, 18 000 will have high blood pressure, 25 000 will have first stage fatty liver disease. The reasons of these striking numbers are clear: a sedentary lifestyle and a poor nutrition. Data show that there is an increase in the consumption of sugar-containing food and beverages, in salt, very early beginning of alcohol consumption, low intake of yoghurt and fish in school-age children in Bulgaria. The European project EPHE (EPODE for the promotion of healthy equity) demonstrated that Bulgarian children between 6-9 years old consume more fruit and vegetables compared to the Netherlands, Belgium, and France. On the other hand, Bulgarian children spend approximately 26 hour weekly screen time compared to the children in the Netherlands with 14.5 hours. Since 2013 BASORD organizes annually 1-week "School for health – for children, parents and teachers" with promotion of healthy lifestyle, incl. increased physical activity and good nutrition habits. This initiative is one of the few in this field. Bulgaria doesn't have a working state programme for prevention of childhood overweight and obesity.

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Anthropometric measurements, skinfold thicknesses and blood pressure: Differences among normal weight, overweight and obese school going girls

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The purpose of this study was to see the differences in normal weight, overweight and obese school going girls between the age of 10 years, 11 years and 12 years as far as blood pressure and anthropometric measurements skin fold measurements are concerned. The study subjects were normal weight, overweight and obese female children of randomly selected schools in Mumbai city. They were 10-12 years old (n=450). Anthropometric measurements including standing height, body weight, waist circumference, hip circumference, waist to hip ratio, subscapular and triceps skinfold thickness measurements as well as blood pressure parameters were taken. The results suggest that the mean values of standing height of normal weight girls of all age groups (10 years, 11 years and 12 years) were higher compared with the mean values of overweight and obese girls. Despite this, the mean values of all the other anthropometric measurements including body weight, BMI, MUAC relaxed, waist circumference, hip circumference and WHR as well as skin fold measurements and blood pressure parameters of normal weight girls were lower compared with the mean values of overweight and obese girls. The study concluded that there is a vast difference between the school going female children between 10 years, 11 years and 12 years of age as far as anthropometric measurements, SFT measurements and blood pressure parameters are concerned. From a public health perspective, present study emphasizes the importance of primary prevention of overweight from early childhood with continuation of health promotion activities throughout the course of life.

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