

# 14<sup>th</sup> GLOBAL OBESITY MEETING

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## Childhood obesity

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Childhood obesity is a major public health crisis nationally and internationally. The prevalence of childhood obesity has increased over few years in all pediatric age group in both sex. Approximately 22 million children under 5 years of age are overweight across the world. The number of overweight children and adolescents has doubled in last 2 to 3 decades in the world. World Health Organization on childhood obesity found 41 million children below 5 years either obese or overweight as of 2014. However more than 90% of cases are idiopathic and less than 10% are associated with hormonal or genetic causes. The idiopathic mainly caused by imbalance between calorie intake and calories utilized. High calorie density and fat content of modern diet and lack of physical activity is associated with increased risk of obesity. Physical, psychological and social health problems are caused due to child health obesity. Comorbidities associated with obesity and overweight are similar in children as in adult population elevated blood pressure, dyslipidemia and high prevalence insulin resistance and type-2 diabetes appear as frequent complication in the overweight and obese pediatric population. Approaches in the prevention and treatment of childhood overweight and obesity are urgently required including first healthy diet and physical activity when lifestyle modification is insufficient to reach weight loss and complication of obesity affect child health pharmacotherapy is recommended if age more than 10 years bariatric surgery is reserved for carefully selected sub group of young children with obesity related co-morbid condition threaten the child health where lifestyle and medication have been evaluated but found not be effective.

## Biography

Horia Mawlawi has received her Bachelor's degree from King Abdulaziz University, Jeddah, Saudi Arabia. She is part of Arab Board in Pediatric, National Guard Hospital, Riyadh, KSA. She was the Consultant of Pediatric Endocrinology and Director of Fellowship training program of Endocrinology.

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