

World Congress on

# NUTRITION AND OBESITY PREVENTION

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### **Nutrition management for childhood obesity**

Poor nutrition results variety of problems in children, especially excessive weight gain and obesity. Childhood obesity is one of the major public challenges of 21st century. Its prevalence increased significantly in recent years and a major health concern of the developed world. The National Health and Nutrition Examination Survey (NHANES) indicate that the prevalence of obesity is increasing in all pediatric age groups, in both sexes and in various ethnic and racial groups. Many factors, including genetics, environment, metabolism, lifestyle and eating habits, are playing a role in the development of obesity. However, more than 90% of cases are idiopathic, less than 10 percent are associated with hormonal or genetic causes. In most cases, children are overweight because they eat unhealthful foods and lead a sedentary lifestyle. Childhood obesity has acute and chronic effects on physical, social and emotional health. It predisposes to insulin resistance, type 2 diabetes, hypertension, hyperlipidemia, liver and renal disease and reproductive dysfunction. This condition increases the risk of adult-onset obesity and cardiovascular disease. Obesity in children is a complex disorder. The best treatment for obesity in the pediatric population has not yet been defined, however, a treatment that addresses all modifiable factors is recommended. Increasing physical activity and promoting adequate daily intakes of vegetables, fruits and whole grains is effective to decrease the risk of overweight and obesity.

### **Biography**

Bulbin Jose is a Registered Dietitian and is currently pursuing her PhD in Food Science and Nutrition from Bharathiar University Coimbatore, India. She has completed her MPhil degree in Food Science and Nutrition from Mother Theresa Women's University, Kodaikkal India in 2008. She has pursued her Master Degree in Food Science and Nutrition from Bharathiar University in 2003 and Bachelor Degree in Clinical Nutrition and Dietetics from M.G University, Kottayam, Kerala, India. She has completed her Food Safety Certification course from IGNOU, New Delhi India and she cleared UGC-NET Exam in 2010. She has 15 years working experience as a clinical dietitian and lecturer in various multi super specialty hospitals in various countries. Currently she is working as Senior Clinical Dietitian in Dubai Health Authority. She has published several research papers in scientific peer reviewed international journals and she is speaker for various conferences.

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