

Joint Meeting on  
2<sup>nd</sup> Annual Conference on  
PEDIATRIC NURSING AND HEALTHCARE  
&  
23<sup>rd</sup> WORLD NUTRITION & PEDIATRICS HEALTHCARE CONFERENCE  
June 17-18, 2019 Dubai, UAE

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## Nutrition and obesity among children

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The modern technology ways of influence an importance on pediatric nutrition among toddlers, children's and teenagers health. A global public health crisis announced that this is the most common chronic disease of childhood affecting more than 38% of children source. Whether there is a connection of children's health education and prioritizing systems for their development can correlate with modern life for their wellness and wellbeing. The association between pediatric dietary sources and various diseases like obesity, diabetes, thyroid and risk factors is a complex process. The focus based on the essential nutrients strategy for children's at different types and levels. The role of nutrients intakes are reported to modify genetic susceptibility to diseases such as obesity, with the expectation that this would provide a scientific basis for cancer prevention via dietary modification. It is crucial for the controversies of increase risk of nutrients deficiency and obesity among young generation that leads to life serious health problems. The role of simple sugar at this point and more...!! Myths...!! The history and the concept of preventing the consequences of obesity growth and reversely effect of nutrients deficiency have been studied since 1976. The effective intervention strategies are being used to prevent and control obesity in children including a variety of interventions and governmental actions addressing obesity and the challenges ahead for managing this epidemic. Some case study will be covered and discussed about childhood obesity and whether exercise is associated to lower obesity and its consequences.

### Biography

Jane Darakjian is a multi-lingual (Armenian, Arabic, English, French; Graduated pre- medicine BS degree from LAU (Lebanese American University which is affiliated with The States University of New-York. Obtained her (PhD) in Human Nutrition and Dietetics from medical University. Further she advanced in Functional nutrition and exercise therapist. Her first practice and experience was Hotel D'ieu French hospital in Beirut where and Rejuvenate Health Therapy clinic under supervision of Dr Tony Licha after she re-located to Dubai. Over 16 years she practiced the Head of the Clinical dietician Department covering: oncology, dyslipidemia, metabolic syndrome, chronic conditions, diabetes and much more. Recently she practice at Amwaj Polyclinic in the Wellness department as the head of the department.

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