

The Global Obesity Epidemic in Children

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November 29, 2011

Obesity in Children

INCREASING NUMBER OF OVERWEIGHT CHILDREN AROUND THE WORLD



Worldwide 10% of school-age children are overweight or obese by IOTF definition

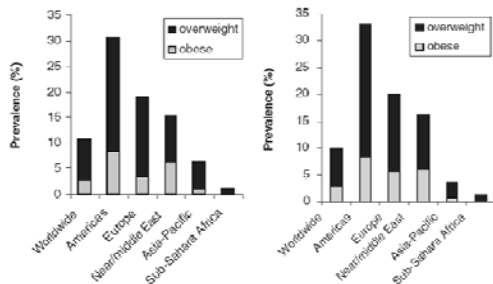
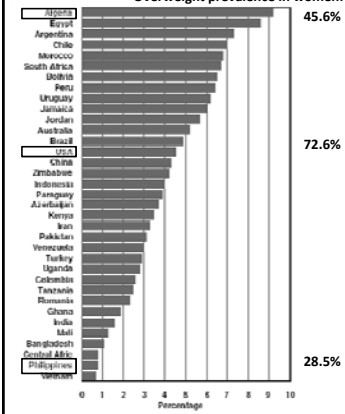


Figure 3 Prevalence of overweight and obesity among school-age boys by global region. Overweight and obesity defined by IOTF criteria. Children aged 5-17 years. Based on surveys in different years after 1990. Source: IOTF (5)

Figure 4 Prevalence of overweight and obesity among school-age girls by global region. Overweight and obesity defined by IOTF criteria. Children aged 5-17 years. Based on surveys in different years after 1990. Source: IOTF (5)

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*Overweight prevalence in women:



Obesity (WHZ > 2.0) in children < 5 y based on various surveys

- Less prevalent than in school-age children
- The ordering of countries is surprising!
- Is this because we are comparing different years of data?
- Or because US obesity is responding to different factors in the environment?

*From WHO Global Infobase

Both low and high birthweight are associated with adult overweight

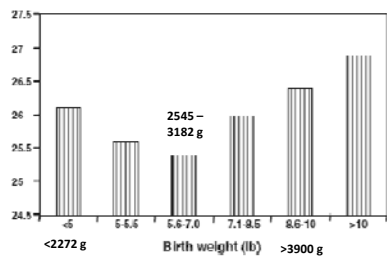
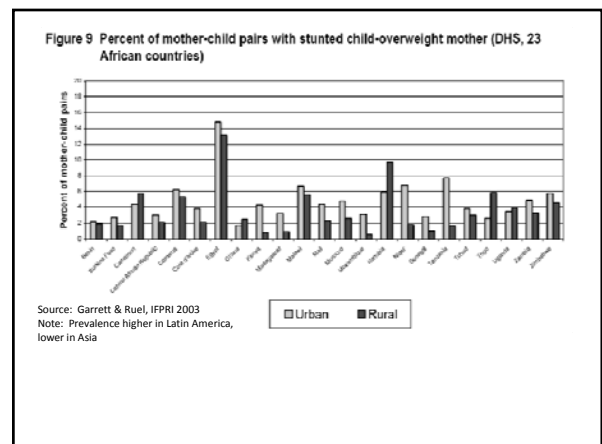
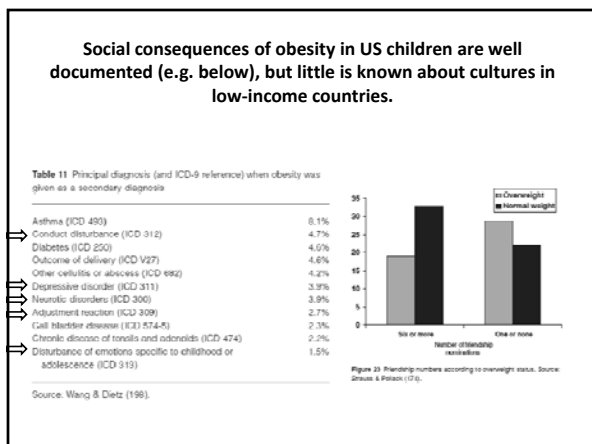
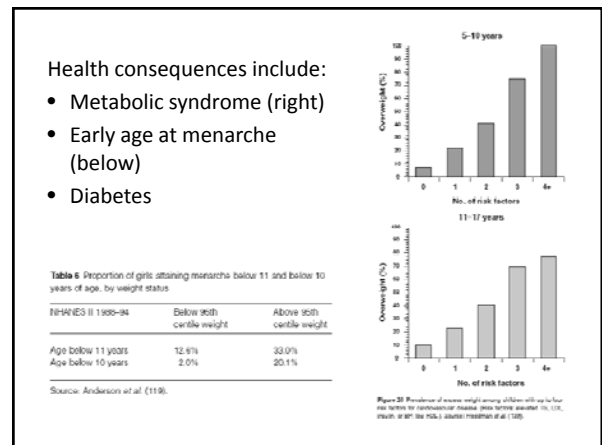
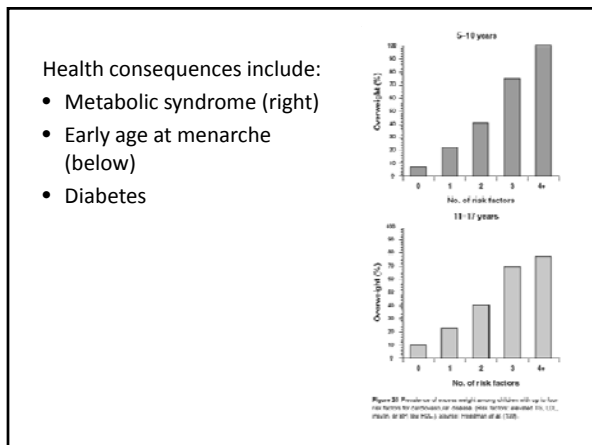
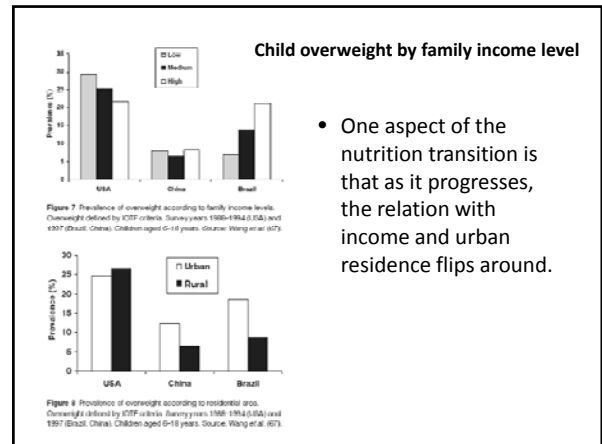
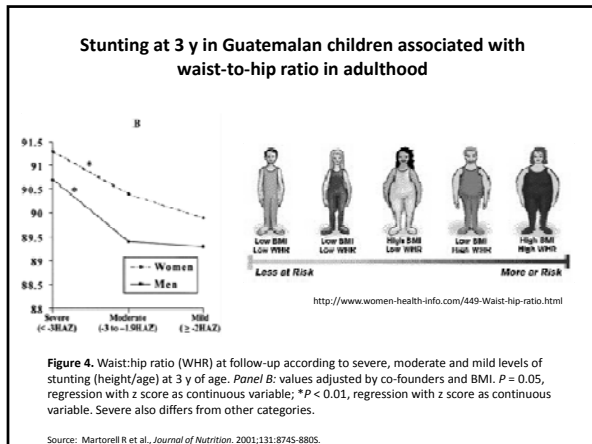


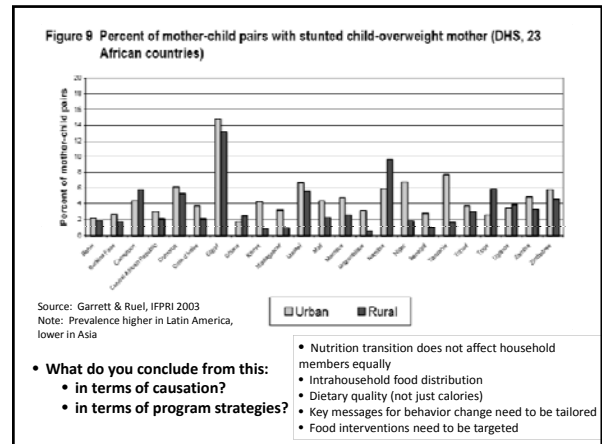
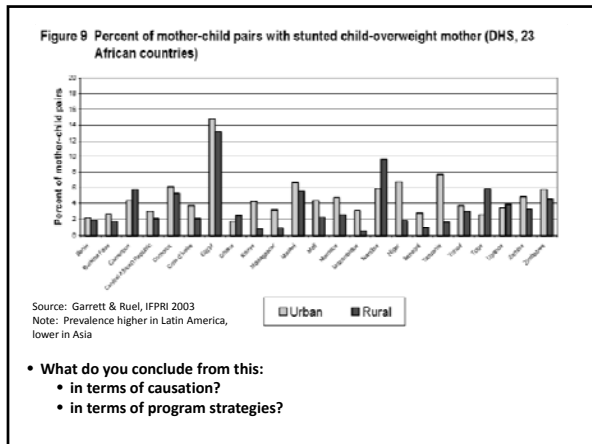
Figure 27 Birth weight and age-adjusted adult BMI. Source: Martorell et al. (223), Durkin et al. (224).

Stunting at 3 y in Guatemalan children associated with waist-to-hip ratio in adulthood



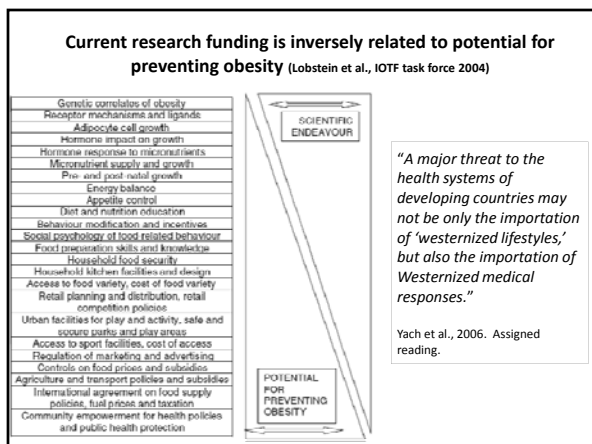
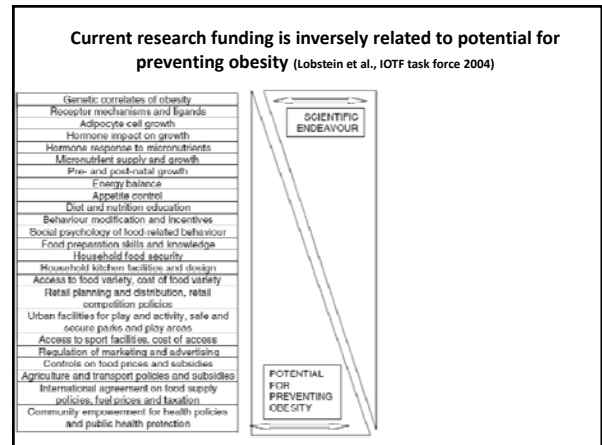
<http://www.women-health-info.com/449-Waist-hip-ratio.html>





Interventions

No country in the world has yet seen a decrease in overweight and obesity.



Policy options always boil down to these three:

- Information/education
- Incentives (rewards)
- Regulation/penalties (e.g. taxes)

What do you think we (the global health community) should do?