

CHILDHOOD OBESITY



Excess body fat that leads to health risk

38.3 million children (5.6%) live with obesity worldwide OMS,2019

Can cause

- ↑ Depresión
- ↑ Diabetes risk
- ↑ Triglycerides
- ↑ Cholesterol

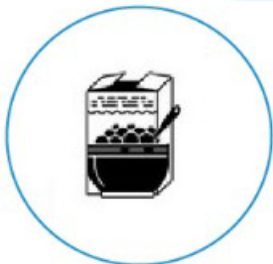
Key aspects for a successful management

1 Family involvement

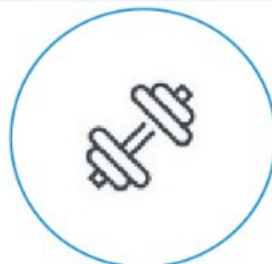
2 Building long-term habits

PREVENTION THROUGH A HEALTHY DIET AND PHYSICAL ACTIVITY IS EASIER THAN ITS TREATMENT

TREATMENT PILLARS



- ↑ Fruits and vegetables
- ↓ Fast food
- ↓ Sugary drinks
- Eat appropriate portion sizes



- 60 minutes a day Playing, being active or exercising
- ↓ Sedentary behaviours



- Adopting good sleeping habits
- Assesing family group mental health

TREATMENTS SHOULD BE GUIDED BY A PEDIATRICIAN NUTRITIONIST, PSYCHOLOGIST AND PERSONAL TRAINER

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This infographic was made in collaboration with the Dificultades Alimentarias Working Group