



## CHILDHOOD OBESITY



### A GROWING PROBLEM

Childhood obesity is a major health issue in South Africa, with alarming rates that are more than double the global average for children under five. The prevalence increases significantly with age, especially among adolescent girls. Obesity is defined as "abnormal or excessive accumulation of body fat that presents a health risk".

### CONTRIBUTING FACTORS

- Unhealthy eating habits
- Lack of physical activity
- Lack of quality sleep
- Stress and anxiety
- Genetics
- Certain medications
- Socioeconomic factors
- Environmental factors

### CONSEQUENCES

#### Health Risks:

Exposes children to an increased risk of developing chronic diseases such as high blood pressure, high cholesterol, diabetes and heart disease.

#### Psychological Impact:

Can lead to poor body image, low self esteem, target for bullying and unhealthy relationship with food.

### MANAGEMENT

This centers on a family-based approach to promote healthy life style changes such as:

- Good nutrition/Balanced diet
- Regular exercise
- Limit screen time
- Appetite control
- Adequate sleep
- Stress management
- Dietician consultation