

2nd WORLD OBESITY CONGRESS

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CHILDHOOD OBESITY

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Childhood obesity is a major public health crisis nationally and internationally. The prevalence of childhood obesity has increased over few years in all pediatric age group in both sexes. Approximately 22 million children under 5 years of age are overweight across the world. The number of overweight children and adolescents has doubled in the last 2 to 3 decades in the world.

World Health Organization on childhood obesity find 41 million children under 5 years either obese or overweight as of 2014. However, more than 90% of cases are idiopathic and less than 10% are associated with hormonal or genetic causes. The idiopathic mainly caused by imbalance between calorie intake and calories utilized. High calorie density and fat content of modern diet and lack of physical activity is associated with increased risk of obesity.

Comorbidities associated with obesity and overweight are similar in children as in adult population. Elevated blood pressure, dyslipidemia and high prevalence of insulin resistance and type 2 diabetes appear as frequent complication in the overweight and obese pediatric population. Approaches in the prevention and treatment of childhood overweight and obesity are urgently required including first health diet and physical activity when lifestyle modification is insufficient to reach weight loss and complication of obesity affect child health pharmacotherapy is recommended if age more than 10 years. Bariatric surgery is reserved for carefully selected sub group of young children with obesity related co-morbid condition threaten the child health where lifestyle and medication have been evaluated but found not to be effective.

BIOGRAPHY

Horia Al Mawlawi has Bachelor Degree 1982-1983 from King Abdulaziz University, Jeddah, Saudi Arabia. Was Arab Board in Pediatric 1966, National Guard Hospital, Riyadh, KSA. Horia had got Pediatric Endocrinology and Diabetes Fellowship 2000 in King Faisal Specialist Hospital and Research Center in Riyadh. Has been Consultant Pediatric Endocrinologist and Head of Endocrinology Division from 2000-2010, RMH and Director of Fellowship training program of endocrinology 2010-2013. Consultant Pediatric Endocrinologist and Director of Fellowship training program of endocrinology 2014-2017. Had published 3 pages for different causes of child obesity.

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