

Title: Childhood Obesity

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Abstract:

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 sex. Approximately 22 million children under 5 years of age over weight across the world. The number of overweight children and adolescents has doubled in last 2 to 3 decades in the world.

World Health Organization on childhood obesity find 41 million children under 5 years either obese or over weight 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. Physical, psychological and social health problems are caused due to child health obesity.

Comorbidities Associated with obesity and overweight are similar in children as in adult population elevated blood pressure, dyslipidemia and high prevalence 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 healthy 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 be effective.

Publication:

1. Noval Homozygous frame shift mutation in exam 2 of lep gene associated with severe obesity case report in clinical medicine weight 15/10/2016.
2. Laporoscopic sleeve gastrectomy for 2 and half years morbid obese child in international journal of surgery care report.

Biography:

Dr Horia Mawlawi

- Has bachelor Degree 1982-1983 from King Abdulaziz University, Jeddah, Saudi Arabia
- Arab Board in Pediatric 1996 National Guard Hospital, Riyadh, KSA
- Paediatric Endocrinology and diabetes fellowship 2000 in King Faisal Specialist Hospital and Research Center in Riyadh
- 2002-2010 Consultant Paediatric Endocrinology and Head of Endocrinology Division, RMH and Director of Fellowship training programme of endocrinology 2010-2013.
- Consultant paediatric endocrinology and Director of Fellowship training programme of endocrinology 2014-2017.
- Had published 3 pages for different causes of child obesity.

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