

## **Childhood obesity: global perspectives and prevention approaches**

### **Rationale:**

Obesity has been declared a worldwide epidemic by the WHO and other international organizations. Both adult and childhood obesity continue to increase in Asia, Europe, and the Americas.

Several of the risk factors associated with the obesity epidemic have been reported, such as widespread availability of energy-dense, nutrient-poor foods, and sedentary lifestyle with reduced energy expenditure. In addition, several studies have shown that early undernutrition may be a risk factor for later obesity. Children who suffered growth retardation in-utero or early in extrauterine life appear to have a reduced capacity to oxidize fat, therefore are prone to store more than non-previously undernourished children.

A critical step in confronting the obesity epidemic is to develop and evaluate interventions that can successfully promote energy balance and normal growth in children. These interventions are likely to include efforts to reduce consumption of calories, increase physical activity, and promote nutrition and health education.

This symposium brings together several experts with direct experience on practical interventions to reduce obesity. Discussion will allow a productive exchange of ideas and share the experience of leading investigators in the field.

### **Session Chair & Co-Chair:**

Chair: Benjamin Caballero, Johns Hopkins University, USA

Co-chair: Ladda Mo-suwan, Prince of Songkla University, Thailand

### **Topics and Speakers:**

**Topic 1:** *Global trends in childhood obesity and the influence of obesogenic environments (20 min).*

**Speaker:** Tim Lobstein, UK

**Topic 2:** *Prevention of overweight and obesity in children and adolescents: practical approaches (20 min).*

**Speaker:** Elizabeth Waters, Australia

**Topic 3:** *School-based prevention programs in Chile (20 min).*

**Speaker:** Juliana Kain, Chile

### **Short Sessions**