

OBESITY DAY

POSTER RELEASE ON OBESITY AWARENESS

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IAP KI BAAT COMMUNITY KE SATH AND
CME ON OBESITY MANAGEMENT



POSTER RELEASE

OBESITY AWARENESS DAY - JAIPUR IAP
OBESITY IN CHILDREN - THE TICKING PANDEMIC !! LETS
WHY ITS HIGH TIME TO ACT!!

FACTS!!
1 in 6 children is overweight
1 in 5 children is obese
1 in 16 children has severe obesity and
Compound annual growth in adult obesity in
India is - 3.1 % and BMI traces along the same
centile across life time, which means
overweight and obese children would
make overweight and obese adult so,
childhood is time to ACT to prevent obesity
and related complications.

WHAT IS OBESITY
➤ Body mass index (after 2 years of age): Weight (kg)/height (m²) - IAP
from backtracking of adult body mass index (BMI) Indian cutoffs for over
and obesity (27 kg/m²)
➤ Extreme obesity: BMI ≥ 2.20x of the 95th percentile or ≥ 35 kg/m²
➤ A practical way to classify childhood obesity is exogenous/primary/1st
secondary/endogenous obesity.
➤ Exogenous obesity accounts for the majority of the cases of childhood
whereas secondary causes account for
➤ <10% of the cases (endocrine causes account for <1% of all cases).
➤ And it is a Disease !! Breaking ground for many non-communicable dis
High Blood pressure, hormonal disturbances, early or late puberty in di
➤ Please understand! Obesity isn't healthy !!

**SUGGESTIONS TO PARENTS -
11 LIVING PRACTICES - MINDFUL EATING**

DO'S
➤ Promotion of healthy maternal nutrition and weight status at reproductive age
➤ Optimal infant feeding practices, avoid bottle feeding
➤ Breastfeeding in first 1000 days of life & appropriate and timely complementary
➤ BANNY MILK, TIME - UP & PUT TOGETHER, TIME TOGETHER
➤ 5 servings of fruits and vegetables daily
➤ Reading and understanding food labels correctly
➤ Encourage water intake - the best drink ever!! Replace sweetened beverages in
juices, by healthier options like coconut water, chaas, lemon water

SOBETS
➤ NO Sugars below 2 years, ➤ NO Screen time below 2 years, ➤ NO Screen during
➤ NO Skipping of breakfast, ➤ NO milk supplements routinely, ➤ NO food as reward

3. SCREEN TIME
➤ LIMIT SCREEN TIME MAXIMUM 2 HRS, ➤ FROM SCREEN TO GO GREEN,
➤ AVOID SCREEN TIME TO GARDEN & FITNESS
➤ AWARENESS ABOUT Online and TV advertising of HFSS (high in Fat, Salt and Sugar)
➤ PLAYTIME - OUTDOOR SPORTS, Moderate physical activity for 40-60 mins daily
➤ Sleep hygiene - early to bed, early to rise makes us healthy, wealthy and wise!
and teens, sleep must be emphasized.
➤ NO BODY SHAMING - make them feel loved, its about health not the weight !!
➤ Preparation along with appropriate levels of being 1 plus vital life, show the
engagement while discussing them about its importance and take professional for
overweight and obesity



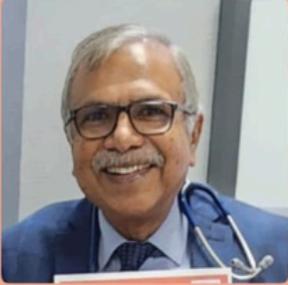







INTEGRATED ACADEMY OF PEDIATRICS

IAP - JAIPUR



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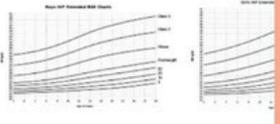


India
Representation of adults and children with high Body Mass Index (BMI)

4.1%
The percentage of overweight and obese children in India in 2019

4.2%
The percentage of overweight and obese children in India in 2000

BMI Chart
The IAP BMI
is important
monitor stru
edges of and
obesity, and
healthy diet.
It supports in
activity plan
promoting a
make the IAP
Regular BMI
measurements
students, in
BMI growth
of age 5 to 7
downloaded fr
of Pediatrics
IAP Jaipur at
chart banno
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Overweight &
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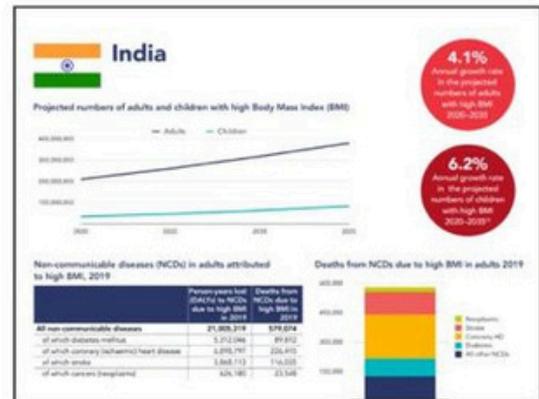
OBESITY AWARENESS DAY - JAIPUR IAP - 04.03.2025

OBESITY IN CHILDREN - THE TICKING PANDEMIC !! LETS TURN IT AROUND

WHY ITS HIGH TIME TO ACT!!

FACTS!!

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Compound annual growth in adult obesity in India is – 3.1 % and BMI traces along the same centile across life time, which means overweight and obese children would make overweight and obese adult so, childhood is time to ACT to prevent obesity and related complications.



WHAT IS OBESITY

- Body mass index (after 2 years of age): Weight (kg)/height (m²) - IAP 2015 charts derived from backtracking of adult body mass index (BMI) Indian cutoffs for overweight (23 kg/m²) and obesity (27 kg/m²)
- Extreme obesity: BMI ≥ 120% of the 95th percentile or ≥ 35 kg/m²
- A practical way to classify childhood obesity is exogenous/primary/lifestyle obesity and secondary/endogenous obesity.
- Exogenous obesity accounts for the majority of the cases of childhood obesity (>90%), whereas secondary causes account for <10% of the cases (endocrine causes account for <1% of all cases).
- And it is a Disease !! Brewing ground for many non communicable diseases (diabetes, high Blood pressure, hormonal disturbances, early or late puberty in children, and others)
- Please understand Obesity isn't healthy !!

SUGGESTIONS TO PARENTS -

1. EATING PRACTICES – MINDFUL EATING

DO'S

- Promotion of healthy maternal nutrition and weight status at reproductive age and during pregnancy.
- Optimal infant feeding practices, Avoid bottle feeding.
- Breastfeeding in first 1000 days of life & appropriate and timely complementary feeding practices
- FAMILY MEAL TIME – sit & EAT TOGETHER, STAY TOGETHER
- 5 serving of fruits and vegetables Daily
- Reading and understanding food labels correctly
- Encourage water intake – the best drink ever!! Replace sweetened beverages such as cold drinks, juices by healthier options like coconut water, chaach, lemon eater.

DONT'S

- NO Sugars below 2 years, ➤ NO Screen time below 2 years, ➤ NO Screen during eating
- NO Skipping of breakfast, ➤ NO milk supplements routinely, ➤ NO food as rewards, ➤ Say NO to JUNK !!

2. SCREEN TIME -

- LIMIT SCREEN TIME MAX UPTO 2 HRS, ➤ FROM SCREEN TO GO GREEN,
- MOVE FROM MALLS TO GARDENS & PICNICKS

3. AWARENESS ABOUT- Online and T.V advertising of HFSS (High in Fat, Salt and Sugar) foods.

4. PLAYTIME – OUTDOOR SPORTS, Moderate physical activity for 40-60 mins routinely.

5. Sleep hygiene – early to bed, early to rise makes us healthy, wealthy and wise!! Need for proper and timely sleep must be emphasized.

6. NO BODY SHAMING – make them feel loved, its about health not the weight !! Genetic predisposition along with epigenetics (ways of living) plays vital role....Show them acceptance not judgement while educating them about its importance and take professional help in managing overweight and obesity.

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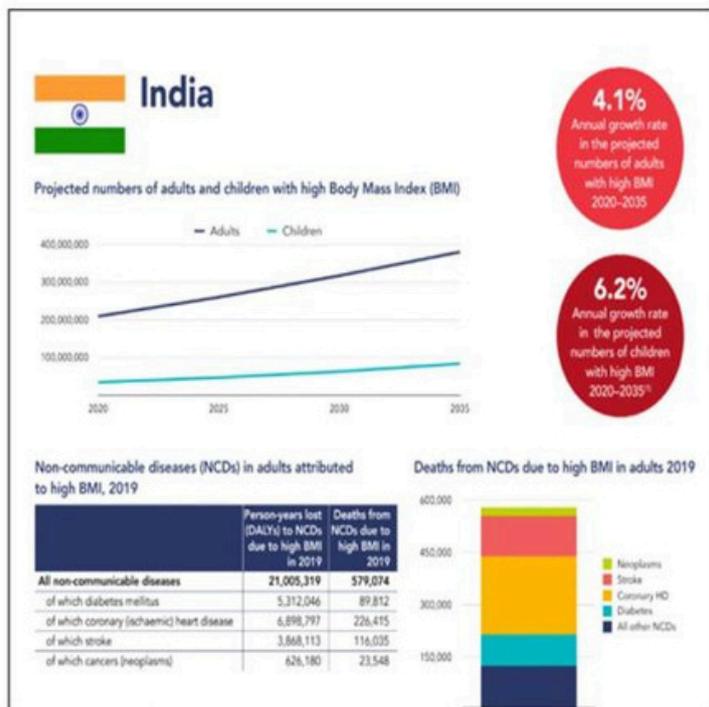
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BMI Chart a must for Every School

The IAP BMI (Body Mass Index) chart is important in school health as it helps monitor students' growth, **detect early signs of underweight, overweight, or obesity, and guide interventions for a healthy lifestyle.**

It supports nutrition education, physical activity planning, and overall well-being, promoting early prevention of health risks like diabetes and heart disease. Regular BMI tracking in schools encourages health awareness among students, parents, and educators. BMI growth charts for boys and girls of age 5 to 18 years can be easily download from Indian Academy of Pediatrics official website www.iapindia.org

IAP Jaipur endorses IAP BMI Growth chart biannual charting of school children as an Important school activity. And reported as BMI normal, Under weight

Overweight or Obese, along with school exam report card.

All underweight and Obese students should be referred to a Pediatrician.

