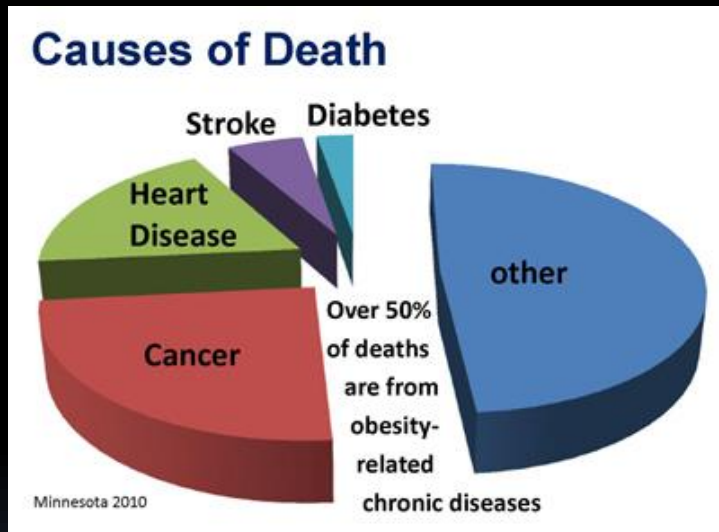


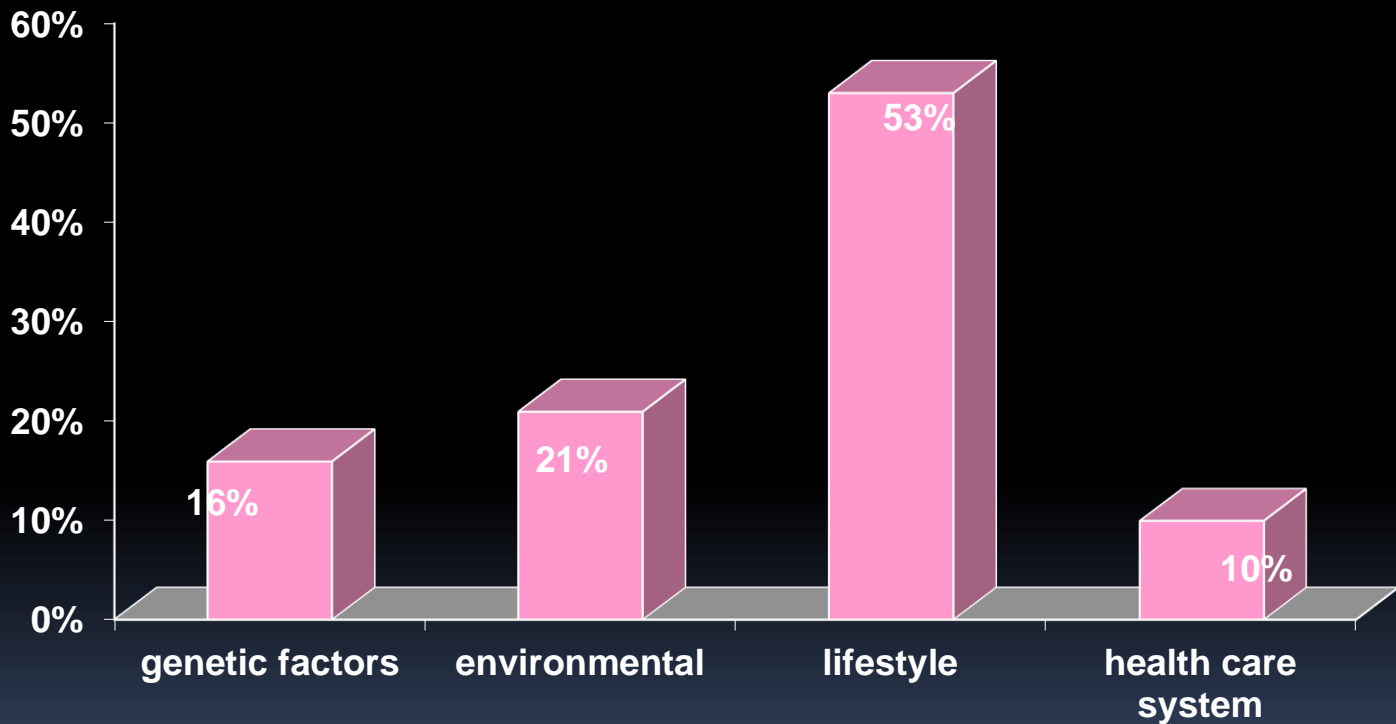
prevention of overweight and
obesity
principles of a healthy
lifestyle

Prevention of obesity= prevention of premature death =reduced mortality




- obesity is one of the causes of morbidity and mortality, which can be prevented
- the second most common cause of death after smoking which can be eliminated

Determinants of population health






Child care goals

- Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
 - No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
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Child care goals

- Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.
 - Provide access to water during meals and throughout the day, and don't serve sugary drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.
 - Infant feeding continue breastfeeding for 6 month or more
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Nutritional recommendations for the prevention of childhood obesity

- breastfeeding for six months and then continued to 1 y and longer
 - Daily consumption of at least five servings of vegetables and fruits and vegetables from each group
 - Limiting consumption of sugar-sweetened beverages
 - The number of calories contained in a meal should not exceed the recommended age
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Nutritional recommendations for the prevention of childhood obesity

- Eating breakfast daily
 - Eating the whole family together at the table
 - Eating foods rich in calcium- milk with reduced fat
 - Limitation of foods with high energy content, salt content, sugar
 - With fat in preschool should come 30-35% of school-age 25-30% energy
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Developing healthy habits feeding

- Recognizing signs of hunger and satiety in the child .
- Permission to self-regulate the volume of food the child Child alone decides how much he wants to eat
- Eating at the table with your family without television, etc..
- Weaning bottle to 15 month
- Preparing healthy snacks



Developing healthy habits feeding

- Food can not be a form of punishment or reward
 - Parents should set an example by using a healthy diet
 - Paying attention to food under the influence of emotions, eating at night, overeating
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