



CHILD AND ADOLESCENT OBESITY

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EUROPEAN CHILDHOOD OBESITY GROUP

www.ecog-obesity.eu

A pediatric European network

511 millions inhabitants

5,4 millions births per year

80 millions children less than 15 yrs old

- **1988** **1^{er} European congress on Obesity**
- **1991** **ECOG foundation in Brussels**
- **1998** **1^{rst} pediatric meeting at the World Congress on Obesity**

Knowing and letting know

16
countries



national
policies

- information
- implication

expertise

- OMS
- EASO
- World federation of obesity
- national societies
- European studies

formation

- ECOG Workshops
- Congress
- eBook

Spécialities

-pediatrics, public health
-psychology, physical activity
.....

Many information are already available

- **EDEN (France)**
 - pre and early postnatal determinants of child health and development
- **HELENA (8 pays)**
 - Healthy Lifestyle in Europe by Nutrition in Adolescence
- **IDEFIX (9 pays)**
 - Identification and prevention of dietary- and lifestyle-induced health effects in children and infants
- **HAbEat (7 pays)**
 - Determining factors and critical periods in food habit formation and breaking in early childhood: a multidisciplinary approach

EARLY RISK FACTORS OF CHILD OBESITY



Obesity

Diabetes



Malnutrition

Tobacco



Breastfeeding

CHILDREN : RISK FACTORS OF OBESITY



Early quick
weight gain

Screen time



High fat &
sugar diet

Short sleep
duration



Fruit & vegetables
Active life style

Risk for an obese child (5 yrs) to become an overweight or obese adolescent: **80 %**

ADOLESCENTS : RISK FACTORS OF OBESITY



Snacking

Low physical activity

Screen time

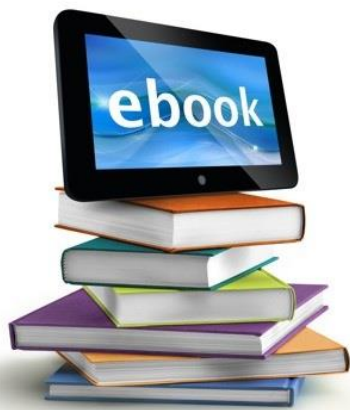


High fat & sugar diet

Short sleep duration



Fruit & vegetables
Active life style



Time to share The ECOG eBook

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 - 78 authors
 - 10 European countries
 - 30 Universities & Research Institutes + WHO + IASO
- Articles
 - Views: 55 000
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The First Free & Most Advanced Reference On Child & Adolescent Obesity



**The First Free Reference eBook on Childhood
and Adolescent Obesity**

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Why An Urgent Need To Share

- ✓ Knowledge has accumulated since 20 years
- ✓ The disease one of the most complexes ever faced.
- ✓ Obesity has become the most widespread non communicable disease in children and adolescents
- ✓ Situation is still degrading in many parts of the world.
- ✓ Progress relies on strategies integrating discoveries

Covered Fields

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- ✓ Epidemiology & Prevention Across Europe
- ✓ Society, Communication, Environment & Obesity
- ✓ Growth Charts & Body Composition
- ✓ Biology
- ✓ Nutrition, Food Choices & Eating Behavior
- ✓ Psychological Assesment & Disturbances
- ✓ Clinics & Complications
- ✓ Energy Expenditure & Physical Activity
- ✓ Treatment

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Next steps beyond the eBook



- **Improve prevention**
 - Local action for national success
 - Create links: share experience – bring together competences
 - Understand and stress how media change kid's perception
 - Detect the causes of failure
- **Better synthesis of information**
- **Help enhancing legal protection**
- **Develop teaching**
 - eTeaching
 - Translations
 - In and outside Europe