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Childhood obesity and obesity reduction program

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Over the past three decades the prevalence of overweight and obesity has increased substantially. Childhood obesity is an important public health problem and is of particular interest because of possible long-term associations with adult body weight status and morbidity. Obesity is associated with a shortened life expectancy mainly because of increased risk for cardiovascular disease and obesity related cardiomyopathy. However, a third of obese individuals never develop CV disease; and this group is called the metabolically “healthy” obese. Recent evidence suggests that not all obese persons are negatively affected by their body weight and that weight loss does not necessarily always improve health. Obese youth will live a longer portion of their life as obese and with chronic health conditions. Moreover, although weight loss in obese youth is associated with improved metabolic outcomes, weight management goals for this age group are more ambiguous than in adults. In our Children Faculty Hospital, the management of obesity includes hospitalization to exclude secondary causes of obesity, spa treatment and outpatients programs. Our highly specialized Clinic for preventive cardiology and lipid metabolism disorders, focus on individual and group outpatient therapy for obesity, and also on cardiovascular risk stratification in children and adolescent. Highly organized team of specialists is working on interdisciplinary outpatient program- “Obesity reduction program, School of Obesity”. This program is focused on the same sex groups of children and adolescent who are in the same range of ages. The goal of this program is to win the fight against obesity- prevention of cardiovascular disease associated with obesity, and treatment of childhood obesity by new ways. We confirmed that group outpatient therapy for children and their parents had significantly better results in body weight loss ($p<0.05$) compared to individual therapy during the childhood.

Biography

Alzbeta Tohatyova is currently a PhD student at Medical Faculty, P J Safarik University in Kosice, Slovakia. Her research interests focus on pediatric cardiology and preventive cardiology.

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