



Childhood Obesity

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Solutions Science

Center for Healthy Weight

Stanford Prevention Research Center

<http://prevention.stanford.edu>

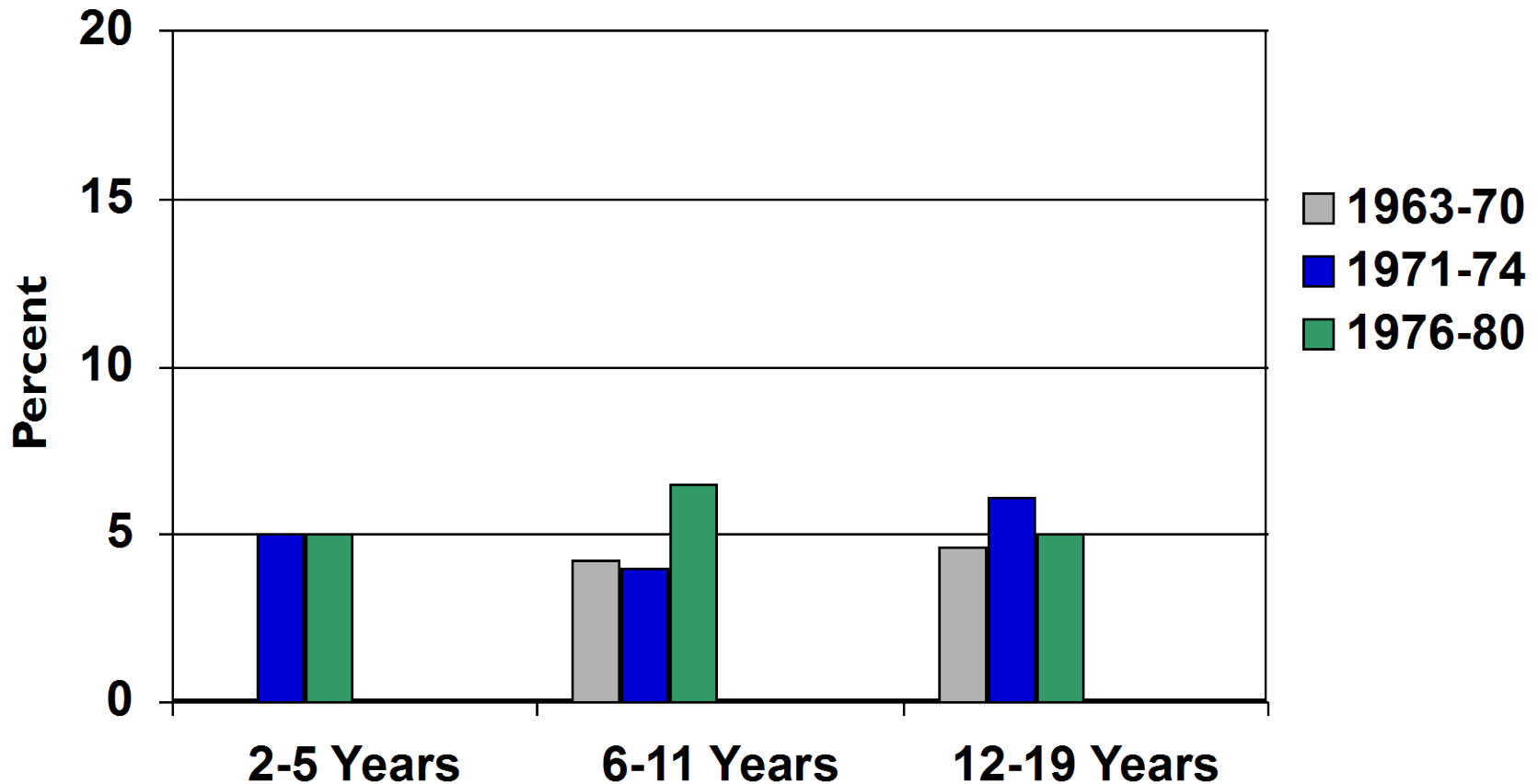
<http://healthyweight.lpch.org>



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AT STANFORD



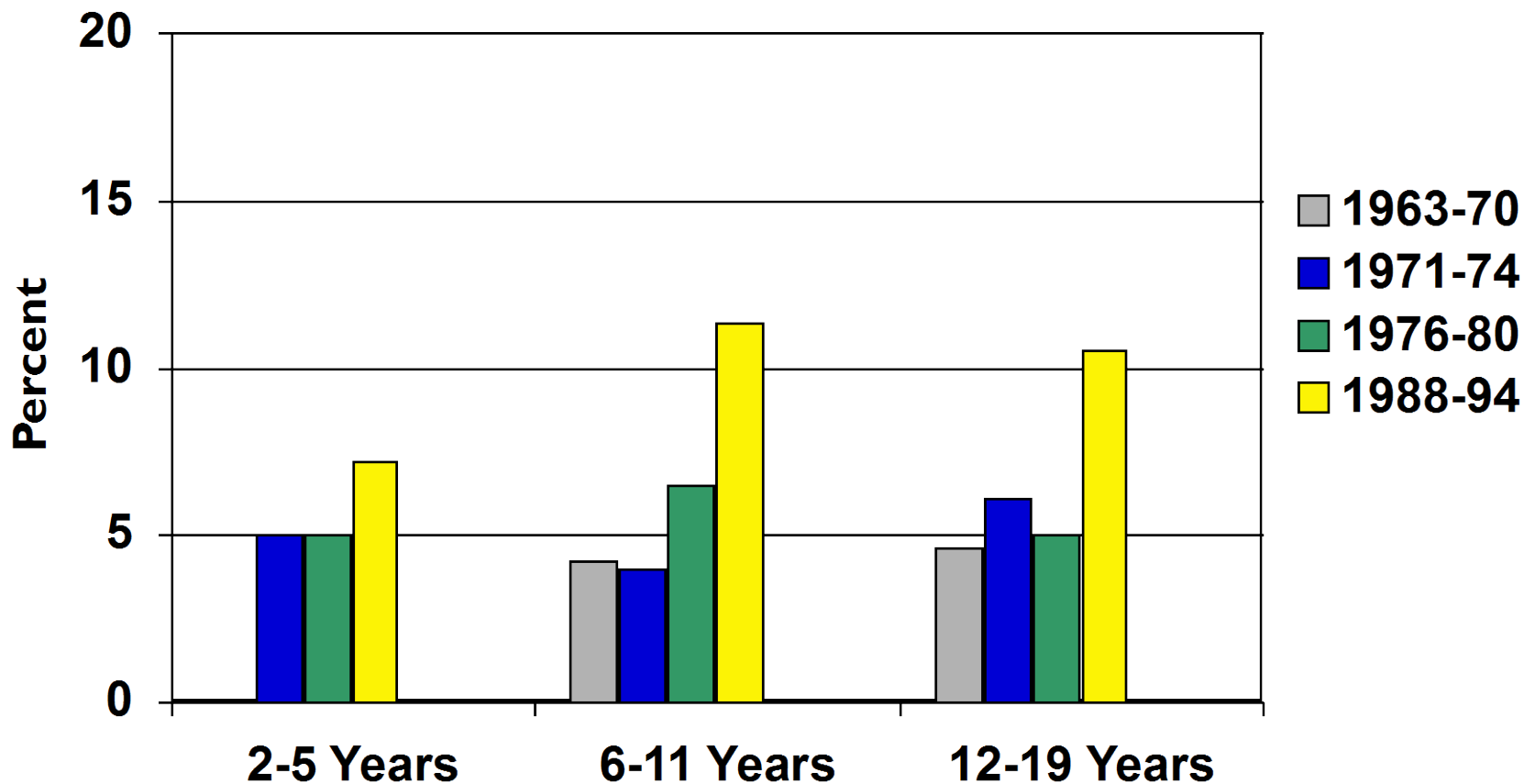
Childhood Obesity in the U.S.



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Ogden C, et al. *JAMA* 2006;295:1549-55
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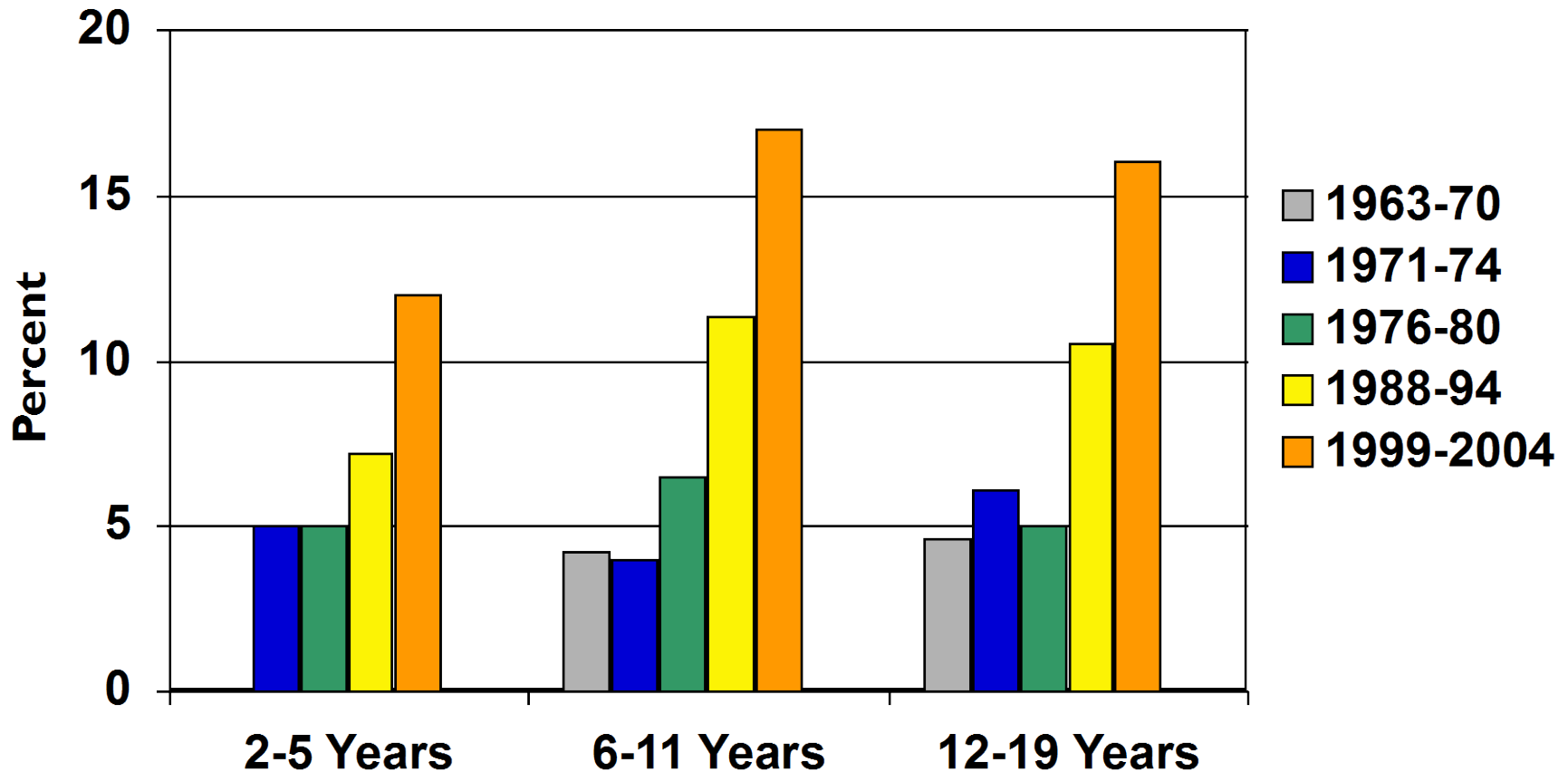
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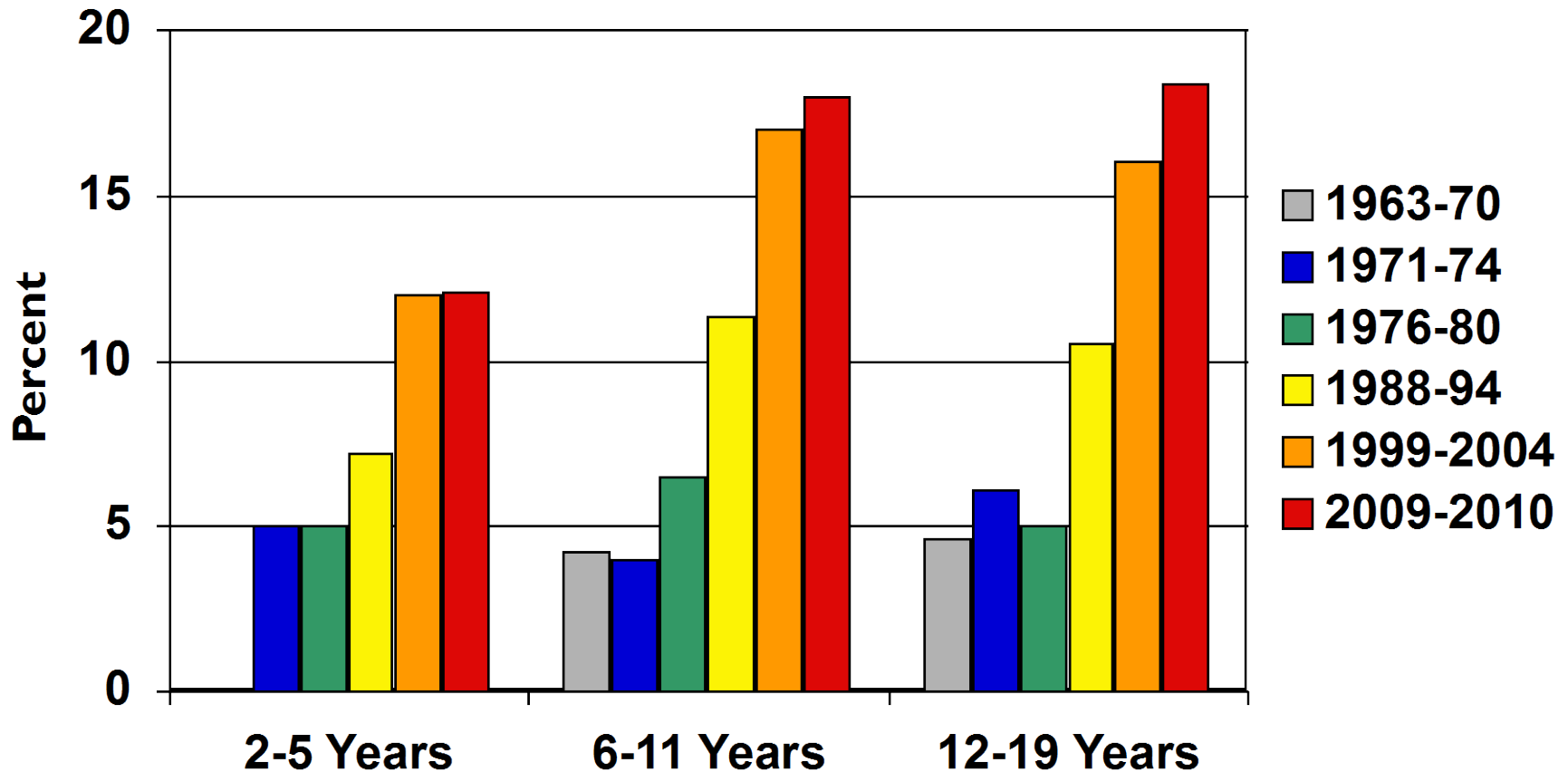
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Lord of the Flies, 1963





1963



Complications and Co-morbidities

Cardiovascular

Hypercholesterolemia, High LDL
High Triglycerides, Low HDL
Hypertension
Coronary Artery Disease
Stroke

Endocrine

Hyperinsulinemia/Pre-Diabetes
Type 2 Diabetes
Polycystic Ovary Syndrome (PCOS)

Gastrointestinal

Gallstones
Non-Alcoholic Fatty Liver Disease (NAFLD)/Steato-Hepatitis (NASH)

Central Nervous System

Pseudotumor Cerebri
Obstructive Sleep Apnea
Pickwickian Syndrome

Orthopedic

Slipped capital femoral epiphysis
Blount disease (tibia vara)
Osteoarthritis

Reproductive

Pregnancy & post-partum complications (gestational diabetes, hypertension, C-section, prematurity/low birth weight, birth defects)

Genito-Urinary

Erectile dysfunction

Skin

Dermatitis

Psychiatric

Eating disorders
Depression

Cancer (>100,000 cases per year)

prostate, endometrial, uterine, cervical, ovarian, colon, kidney, postmenopausal breast

Surgical complications

Premature Death

Stigmatization & Prejudice



Societal Costs of Obesity

> \$150 Billion per year in Medical Costs

Absenteeism from work and school

Reduced productivity

More disability

Re-engineering the school, work and life environment





Fernando Botero, *Familia* (1989)



Center for Healthy Weight

Cutting-Edge Research

State-of-the-Art Patient Care

Community Programs

Professional Education

Advocacy for Public Policy Change

Healthy Hospital Environment

<http://healthyweight.lpch.org>



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Childhood Obesity

A Public Health Crisis

A Problem in Families

Solutions are Available

All Sectors Need to Play a Role

The Right Thing to Do
The Smart Thing to Do





Alberto, 16 years old

