

SUPPORTING MATERIAL FILM: WAY BEYOND WEIGHT

CHILD OBESITY

THE LARGEST CHILD EPIDEMIC IN HISTORY

The World Health Organization (WHO) considers obesity as one of the most severe public health problems in the 21st century. In this scenario, child obesity has been growing at a fast rate in the past three decades. According to an International Obesity Task Force estimates, 155 million children are overweight.

In Brazil, the data is also alarming, according to the Family Budget Survey (POF 2008-2009) carried out by the Brazilian Institute of Geography and Statistics (IBGE) through a partnership with the Ministry of Health. It esti-

mates that 33.5% of children from five to nine years of age are overweight, whereby 15% of them are already obese. Among teenagers aged from 10 to 19 years, 20% are overweight.

The main reasons for the increase in weight during childhood are an excess on consumption of industrialized foods, less exercise during leisure time and a sedentary lifestyle. Among the complications caused by child obesity are early onset diabetes, high blood pressure, depression and orthopedic problems.

STAY TUNED

» Obesity is considered an epidemic by the World Health Organization (WHO). Almost 30% of the worldwide population is obese. (International Obesity Task Force)

» USA: The number of obese children aged six to eleven years increased from 7% (in 1980) to 18% (in 2012). Among teenagers aged 12 to 19 years, the number increased from 5% to 21% in the same period. (Center for Disease Control and Prevention of the United States Government)

» England: 9.5% of children aged four to five years are obese. Among children from 10 to 11 years of age, 19.1% are obese. (Public Health England)

» England: the government spent 4.2 billion pounds in 2007 to treat problems resulting from obesity. (Public Health England)

» Canada: in 2007, 29% of teenagers were overweight. (Childhood Obesity Foundation Canada)

» The impact of obesity on the global GDP is two trillion dollars per year.

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Source: International Obesity Task Force