

International Conference on

STEM CELLS AND REGENERATIVE MEDICINE

&

2nd World Congress on

PEDIATRICS AND CHILD CARE

November 06-07, 2019 | Tokyo, Japan

Preventing Childhood Obesity is easy: A primary care Physician's experience

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Preventing Childhood Obesity is easy (or it should be): Primary care physicians on the front line. According to the recent study of M. Geserick et al "Among obese adolescents, the most rapid weight gain had occurred between 2 and 6 years of age; most children who were obese at that age were obese in adolescence." As in the study of Berrgren S. et al, "Most parents did not perceive that their overweight children weighed too much, but their judgement improved as the child got older. Parents who were overweight or had a low educational level were more likely to misperceive their child's weight. Health care professionals need to be aware of this gap in perception". Primary care physicians are the first and the foremost health professionals that can prevent obesity in children. This role is crucial since curing obesity is practically impossible and that the onset of obesity is invisible at first. There should be more health care measures to promote the prevention of childhood obesity by early actions by primary care physicians. As a primary care pediatrician, I've been for the past two decades working on preventing childhood obesity and have found it easy, efficient and rewarding.

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