

3th June | Childhood Obesity Awareness Day

Preventing obesity during childhood can avoid health complications in adulthood!

Preventing obesity is something that should be considered since birth. At this stage, it is possible to adequately nourish newborns through breastfeeding and thus, prevent childhood obesity in them, which is a problem that could persist throughout their lives if the necessary precautions aren't taken. Know more!



How to prevent childhood obesity?

As it is in any other stage of life, it is necessary to adopt healthy lifestyle habits, such as having a balanced diet, doing physical activities regularly and sleeping well.

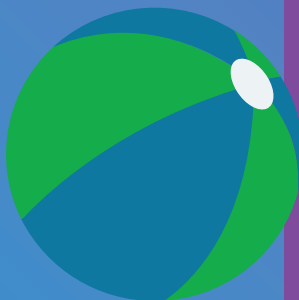
Health risks of childhood obesity for adulthood

- Overweight children are 75% more likely to be obese teenagers.
- 89% of obese adolescents become obese adults.
- Obese children have a higher risk of developing diabetes and hypertension.
- The risk of developing other chronic diseases, such as cardiovascular diseases, is also higher.

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Don't let obesity impact your child's childhood years and quality of life.

Encourage healthy habits since birth!



Have a look at some habits that should help with weight control since the very first years of life:

- Offer children water instead of juice or other sugary drinks.
- When you offer them juice, do not add sugar.
- Offer a variety of fruits and vegetables every day.
- Choose quality proteins such as beans, lean meats, and yogurts.
- Avoid consuming ready-made, ultra-processed, fried, or fatty foods.
- Become an example at home, by maintaining a healthy and balanced diet.
- Set aside some time to play with the children and encourage them to play among themselves.
- If possible, encourage sports practice using different modalities.
- Establish eating, energy expenditure and rest schedules for the little ones.