



A problem that can be solved

Prepared and directed by:  
**Health Promotion Department**

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# Children obesity Booklet

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Childhood obesity rates increase by a high rate every 10 years, and it is considered a serious medical condition and a global problem that must be addressed because of its negative effects on children's health. Obesity affects the mental health of the child and his general health, which leads to the emergence of health problems in children at a very young age. We must follow prevention methods to protect our children, preserve their health, and contribute to reducing the rate of childhood obesity in the world.





## Obesity and Nutrition:

Nutrition plays an important role in the physical and mental health of the child, so it is always advised to pay attention to the quality of the child's nutrition since the beginning of eating food at the age of six months. Among the things that should be focused on when feeding the child is to:



- Avoid canned foods, processed and canned foods, and prepare food at home.
- Avoid foods rich in sugar, salt and colorings.
- Choose fresh and organic vegetables and fruits.

The child develops his eating habits since his childhood in the early stages of discovering different types of food and colors. The caregiver should take care to make the child acquire healthy eating habits, such as:

- Chewing food before swallowing
- Stop eating when you feeling and not to force the child to finish his plate
- Eating slowly
- Eating only when feeling hungry.
- Having small portions of meals.
- Eating variety of foods in each meal.

**Acquiring healthy eating habits and the quality of food protects the child from being vulnerable to diseases and obesity in his childhood and in the advanced stages of his growth and development.**



## Obesity and Physical activity:

With the changes and requirements of life, children are spending more time in front of screens for study, entertainment and surfing the internet, and their playing and activity time has become less than usual. It is or very important necessary to allocate an hour a day (60 minutes) for children under the age of 18 to play, move and practice any available physical activity, such as running in the garden, riding a bike in the designated and safe places for the child, playing on the beach and other activities that the child love and are useful at the same time.



60 minutes of physical activity daily for a child under the age of 18 prevents the child from being at risk of becoming obese by 40 %, and this is what we aspire to, as prevention is better than cure.

In the event that the child suffers from obesity, he must be encouraged to engage in physical activities of his preference and gradually start until he can, for example: starting with half an hour of physical activity per day, and we increasing it until it reaches an hour per day.





## Benefits of physical activity for kids:



Builds confidence and social skills in children



Improve concentration and learning



Strengthens muscles and bones



Improves health and fitness



Maintains healthy weight



Improves sleep quality



Makes them feel good



## Obesity and Mental health:

There is no doubt that the psychological aspect of a child's health is as important as the importance of food. Children, with their sound nature, are affected by negative and positive words and the environment around them. Whenever the environment surrounding the child is healthy, a healthy child will grow up and vice versa. The link between mental health and obesity is close, as some children may be bullied or talked to by adults or those in their surroundings in a negative way, resulting in a lack of self-confidence or self-hatred. Here begins the psychological problems of the child, and some children resort to eating in large quantities as a way to forget negative messages or to attract the attention of his parents to take care of him.

It is important to focus on the psychological aspect of the child and to ensure the safety of the environment and the messages that are directed to him and to cultivate self-love and self-confidence in the child at an early age, as this also helps him in facing the challenges of the age and other external influences.



### Tips for supporting your child mentally:

1. Make sure he grows in a safe and positive environment.
2. Teach him how to love himself from early age.
3. Ask for expert help if you notice any changes in your child behavior.
4. Avoid calling your child with any nicknames reminds him with his obesity problem.





## Obesity and Environmental Health:

The environment is the primary influence on human health, and the safety of the planet is our health and safety. Recently, with the rise in pollution rates, the incidence of asthma, cancer and some heart diseases has increased. A person cannot control the outside air, but he can do some things that, in turn, contribute to purifying the air and reducing pollution, for example, afforestation, increasing the cultivation of plants in home gardens and encouraging them and raising children to take care of them.

In addition, paying attention to the purity of the air indoors through the use of air purifiers and avoiding the use of industrial perfumes and candles to perfume the house because they increase air pollution inside the house, they can be replaced with diffusers of essential oils.







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