

Medi Quest BRS Hospital

A monthly News letter from BRS Hospital

OBESITY IN CHILDREN - PART 2 MANAGEMENT OF OBESITY IN CHILDREN

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Introduction

Obesity is defined as excessive accumulation of fat that is detrimental to health and well being. It is a result of positive energy balance due to excessive calorie intake and or inadequate physical activity and is influenced by various genetic, behavioural and environmental factors.

India is currently placed third after USA and China in the global burden of childhood obesity.

National Family Health Survey 5 data from India reported 3.4% of children below five years to be overweight

Pooled data from 52 Indian studies show that the prevalence of childhood and adolescent overweight/obesity is 19.3%.

The American Academy of Pediatrics in its position paper in 2023 has stated that the initial management of childhood obesity is lifestyle modification at the primary level, if it falls to produce results, the management is transferred to a multi-disciplinary team for multi-modal approach.

Management of Obesity : includes

1. Dietary Management
2. Physical Activity
3. Pharmacotherapy
4. Bariatric Surgery

Dietary management of Infantile obesity

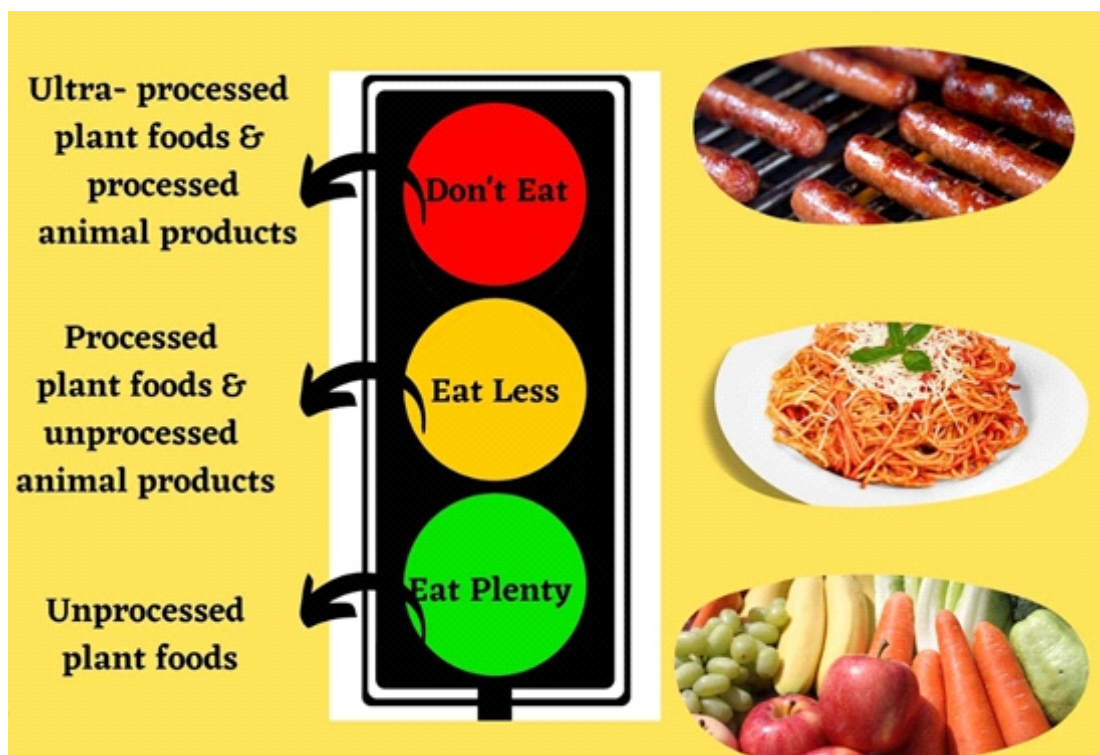
Avoid premature initiation of complementary foods before six months of age.

Ensure responsive feeding where in the care giver recognizes hunger cues and encourages self feeding in an age appropriate manner. In genetic obesity, due to hyperphagia the management must focus on controlling access to food and reducing food pre occupation.

Dietary management in obese children and adolescents

The goal is towards weight maintenance rather than weight loss, Caloric restriction is not usually recommended before 6 years of age and increasing physical activity and weight maintenance are more rewarding.

Structuring diet based on Traffic Light / Stop light diet is a sustainable and feasible intervention



My Plate

Another alternative is based on principles of Myplate created by United States Department of food and agriculture to help parents figure out what food to give for their children.



The graphic depicts a place setting with a plate and glass divided into five food groups that are recommended parts of a healthy diet.

The Colourful divided plate includes sections for Vegetables - Green, Fruits -Red, Grains - Orange and protein foods - Purple. (Author's Note : Do not confuse

color coding of My Plate with that of Traffic light plan. At the time of writing this bulletin My Plate portal , an excellent resource seems no longer accessible to the Indian public) Half the plate should be vegetables 40% and fruits 10% , grains occupy protein source occupy a quarter of the plate and a side helping of dairy milk or cheese or yoghurt in the daily meal plan

My Plate Color coding

Green Vegetables

Dark green

- Spinach
- Broccoli
- Kale
- Beans and Peas

Red and Orange vegetables

- Carrot
- Tomato
- Sweet Potatoes

Starchy vegetables

Potatoes

Other vegetables

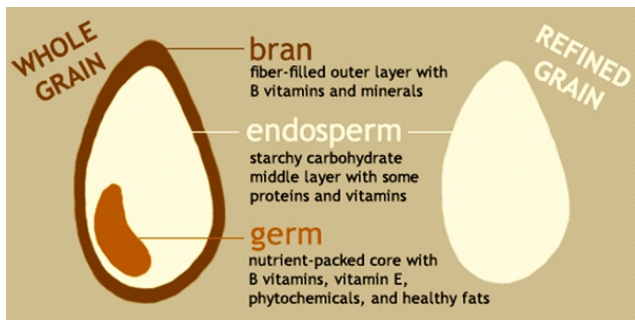
Cauliflower

Red – Fruits

Fresh whole fruits is preferred to fruit juice.

Orange – Grains

The grain group includes any food made from wheat, oats, barley, rice and pasta. At least half of the grains should be whole grains such as oatmeal, brown rice and whole wheat bread.



Purple – Protein foods

Vegetarian sources -Kidney beans, lentils (dhal), peas, nuts, soy products.

Non vegetarian sources poultry, seafood and eggs

Blue – Dairy

This group includes milk and other dairy products like yoghurt and cheese serve low fat 1% milk to children more than 2years old.

To be continued in next issue.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits 	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
Vegetables 	1 cup	1½ cups	1½ - 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
Protein Foods 	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¼ ounce cheese 1 string cheese

A tribute to a legendary Orthopedic Surgeon



Prof. Dr NALLI. RAMANATHAN. UVARAJ

MBBS; M.S (Ortho); DNB (Ortho)

1963-2024

**Prof & HOD of Spine Surgery – Madras Medical College
Sr. Consultant Orthopedic Surgeon and Spine Surgeon - BRS HOSPITAL**

Prof Nalli Uvaraj was a renowned orthopedic surgeon and a man of honesty and perfection, a person who touched the lives of patients and a devoted teacher who inspired countless students.

His loss has created a huge vacuum that cannot be filled. His life is a true inspiration of ethics and integrity which created an indelible mark on every one he has been associated with.

He was the Head of Spine Unit – Institute of Orthopedics, Madras Medical College and President of Tamil Nadu Orthopedic Association. A great teacher, trainer and mentor to many aspiring post graduates and young surgeons.

He was one of the architects in shaping the formation of the Spine Unit in Orthopedics at Madras Medical College and Rajiv Gandhi Govt General Hospital and the steps he undertook and hardships he faced only deepened his passion of the sub speciality.

To his credit he has nearly 53 publications in various sub specialities in Orthopaedics in both State / National and International Journals like Journal of TNOA, IOA, OASIS, International Journal of Case Reports, BMJ, and Clinical Orthopedics and Trauma.

He was instrumental in starting the Orthopedic department at BRS Hospital - Chennai. Along with his younger brother Dr. Nalli R Gopinath the department grew from strength to strength under their guidance.

He successfully operated on the most challenging spinal disorders in both adult and pediatric age groups.

Dr.Nalli. R. Uvaraj will be always remembered for his simplicity, honesty, integrity in not just his professional life but in personal life too.

The Management and Staff of BRS Hospital pay their respects to the noble departed soul.

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