



Principles of Preventing Children and Young Obesity 預防兒童及青少年肥胖之原則(英文)

The basic rule for prevent obesity and weight loss is to “eat less and exercise more.” The ideal children or youth weight control plan should stress the maintenance of normal height growth, safe metabolism, preservation of muscles and tissues, reduce perception of hunger, and will not trigger psychological problems. Hence children or youth weight control plan should at least include the following four parts: Food, sports, and behavioral correction, parents, and friend participation.

For children and youth slightly overweight and normal weight, the following principles of treatment are based on recommendations by medical research verification to prevent the occurrence or deterioration of obesity :

Maximum 2 hours daily for restriction on TV and other monitor watching time.	Clear verification
Do not install TV or monitor equipment in rooms where the children sleep.	
Eat breakfast daily.	
Reduce sugar-containing drinks	
Restriction on eating out in restaurants, especially fast food restaurants.	

Parents are encouraged to eat with children and eat at home.	
Restriction on food and drinks in large portion.	
Required proper portion of fruit and vegetable per meal.	Verified
High-calcium and high-fiber diet	Recommended by experts
Calorie based on balanced diet	
Full breastmilk for 60 months and add non-staple food with continuous breastmilk feeding for more than 12 months.	
Engage in medium to high intensity physical activities daily for at least 60 minutes.	
Restriction on high-calorie food intake	

Experts suggest that although there is not a direct support for the relation between obesity and watching TV or playing computer games, watching TV, playing computer games, computer, and mobile phones are become part of children' s or youths' life. It is also the main reason for still lifestyle and hence the restriction of time for watching the monitor will consume more energy in children. It is recommended not to let the children watch TV before turning the age of 2 children should not watch TV for more than 2 hours daily after reaching the age of 2.

As for diet, eating out in fast food restaurant could be a risk factor for children obesity and hence the whole family could cut down the number of times eating at restaurants offering food high in calories or large portions (or restaurants offering buffet).

Moreover, parents should encourage children to eat at home because home cooking usually contains high-quality food that will less likely cause obesity as well as the psychological and social advantages such as "happiness."

Parents shall pay attention to the nutrient label when purchasing food and note the daily nutrient intake percentage provided by the average nutrient labeling is based on adults. Each package could contain more than one portion. As for the proper amount of fruit and vegetable, refer to the daily recommended diet of two types of fruit and 3 dishes of vegetable according to the Department of Health and Welfare. The portion can be adjusted by age.

Source: Chen, Water "The Screening and Four-Phased Proactive Weight-Loss Plan for Obese Children and Youth," Taiwan Medical Journal , March 2013

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