



Hôpital du Valais
Spital Wallis

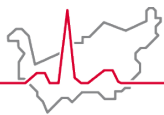
Augenmerk Body Mass Index im Kanton Wallis: eine pädiatrische Bestandesaufnahme

Dr. Simon Fluri

Chefarzt und Abteilungsleiter Pädiatrie/Neonatologie
Spitalzentrum Oberwallis, Spital Wallis

Präsident Schulreferenzärzte Wallis

Co-Präsident Walliser Pädiatrie-Gruppe

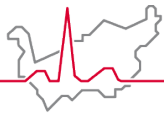


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Übergewicht & Adipositas

„Notfallsituation der öffentlichen Gesundheit“

SMF 2012



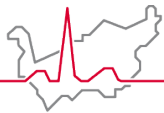
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Übergewicht & Adipositas

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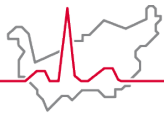
SMF 2012



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Übergewicht : pädiatrische Risiken

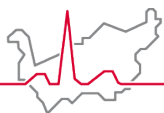
- Bluthochdruck
- Glukoseintoleranz
- Typ 2 Diabetes
- Leberverfettung
- Orthopädische Probleme
- Atemstörungen
- Neurologische Probleme
- Psychologische Probleme



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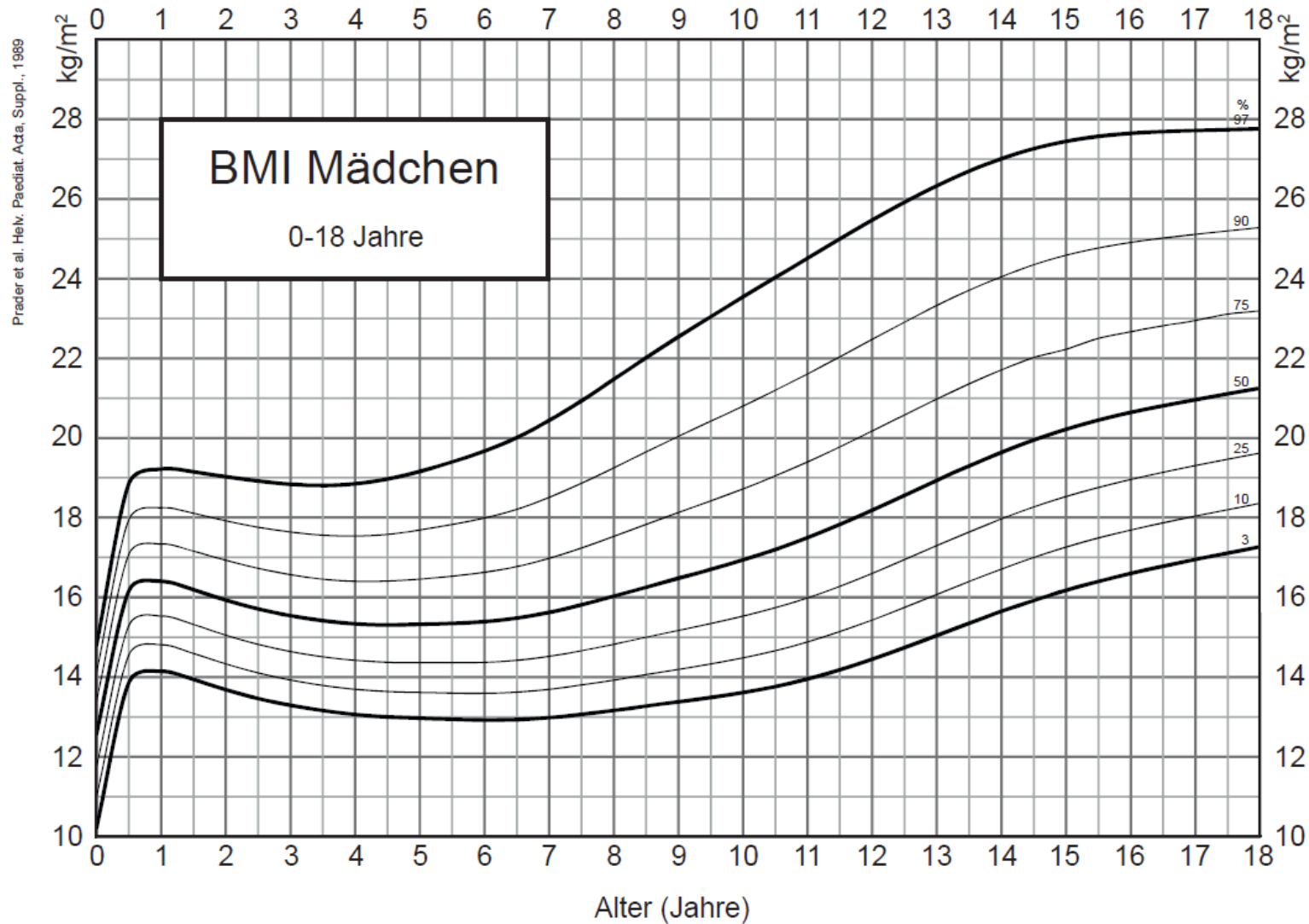
Body Mass Index : Definition

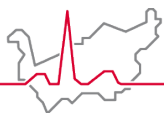
$$\text{BMI} = \frac{\text{Körpergewicht in kg}}{\text{Körpergröße in m} * \text{Körpergröße in m}}$$



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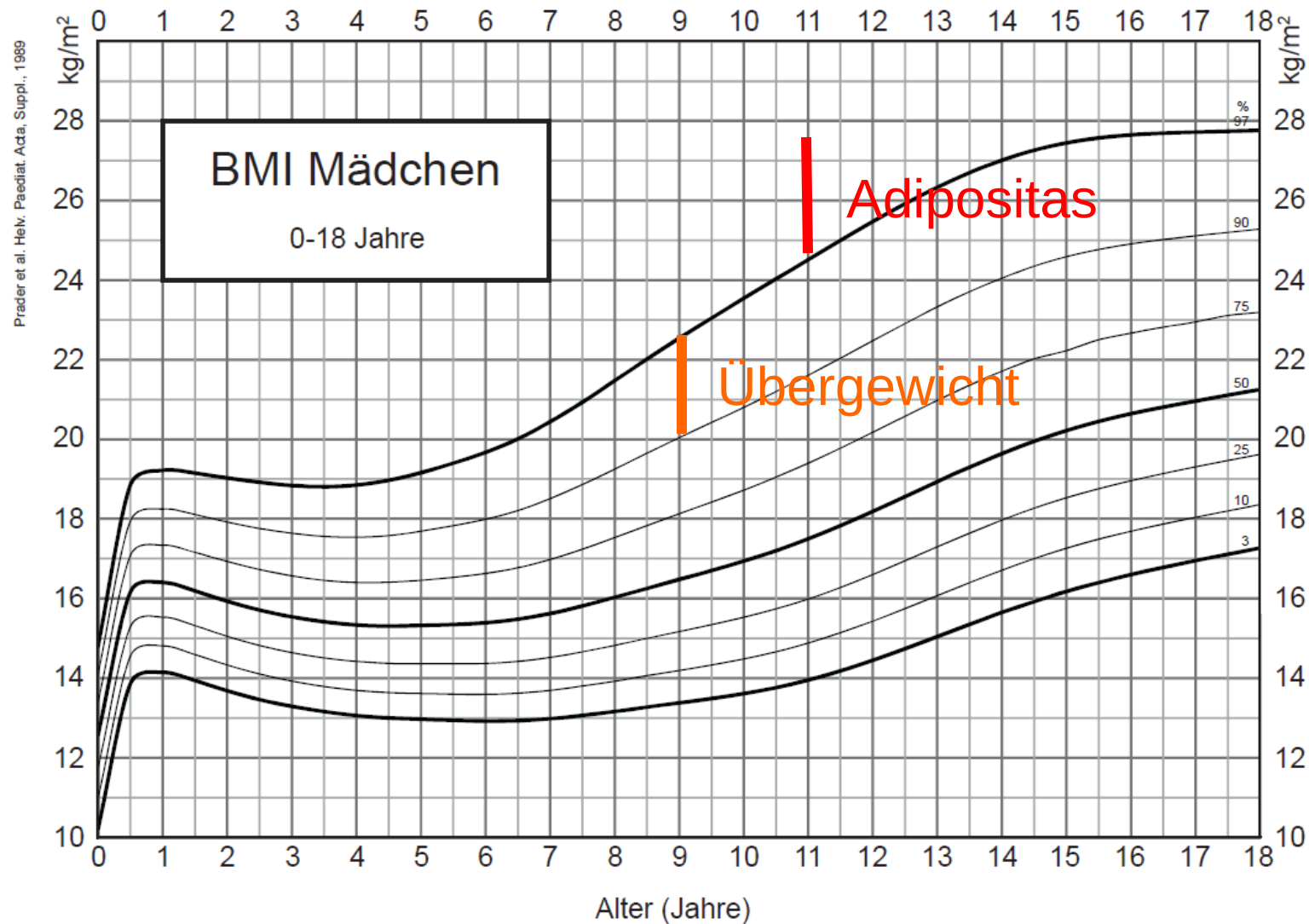
Body Mass Index : Definition

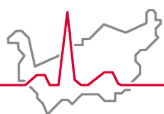




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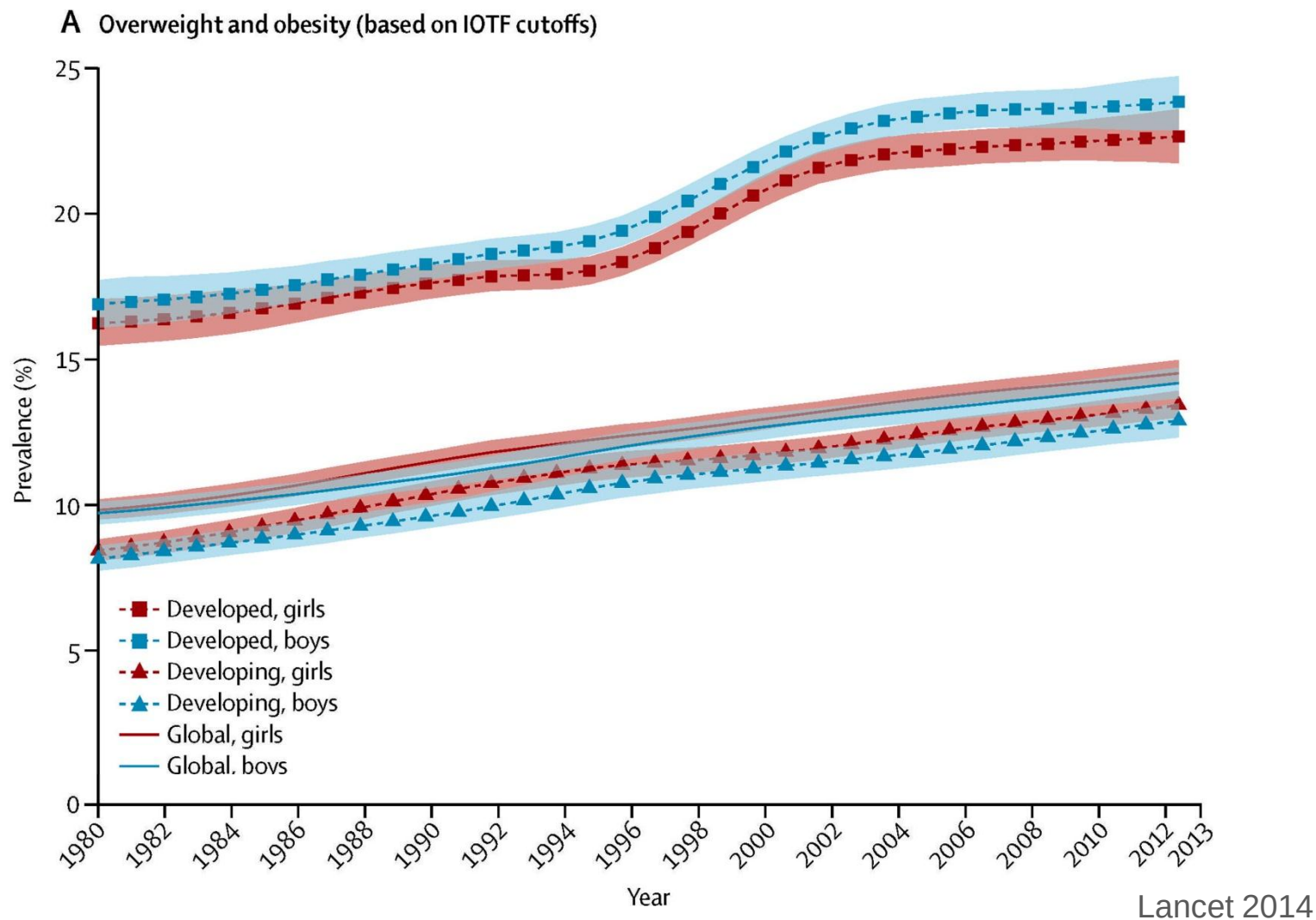
Body Mass Index : Definition

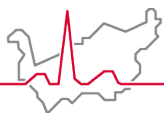




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Übergewicht und Adipositas weltweit

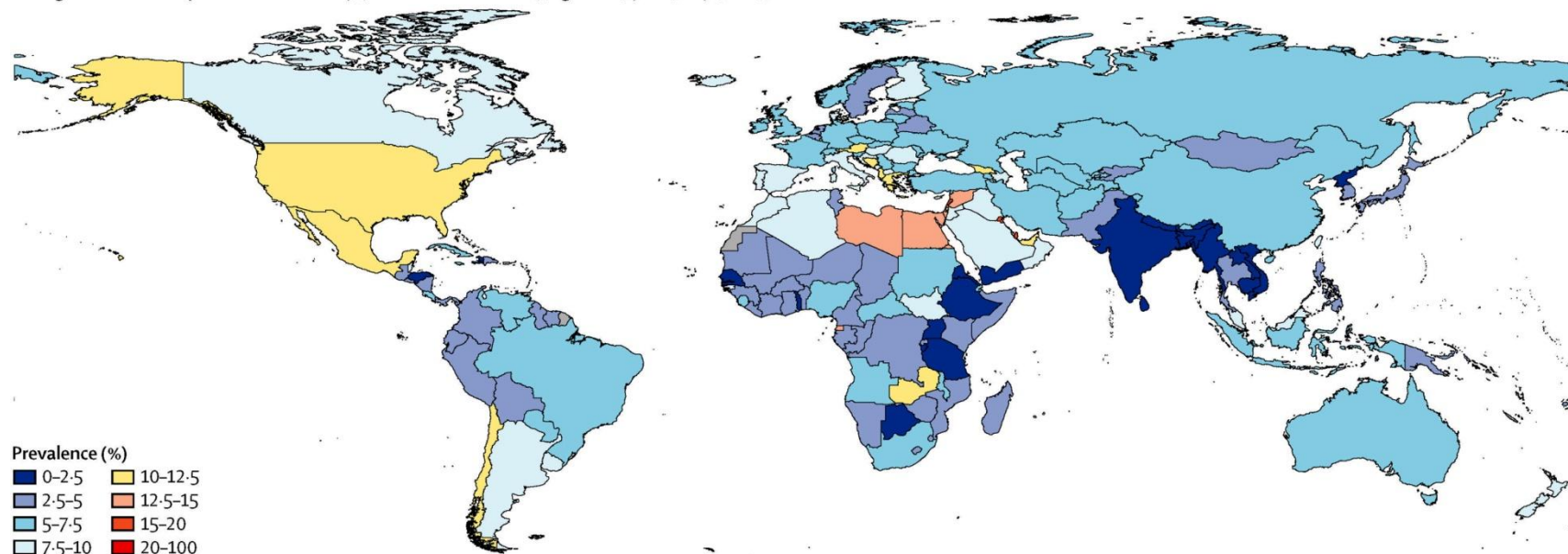




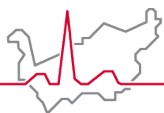
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Übergewicht und Adipositas weltweit

A Age-standardised prevalence of obesity (based on IOTF cutoffs), ages 2–19 years, boys, 2013

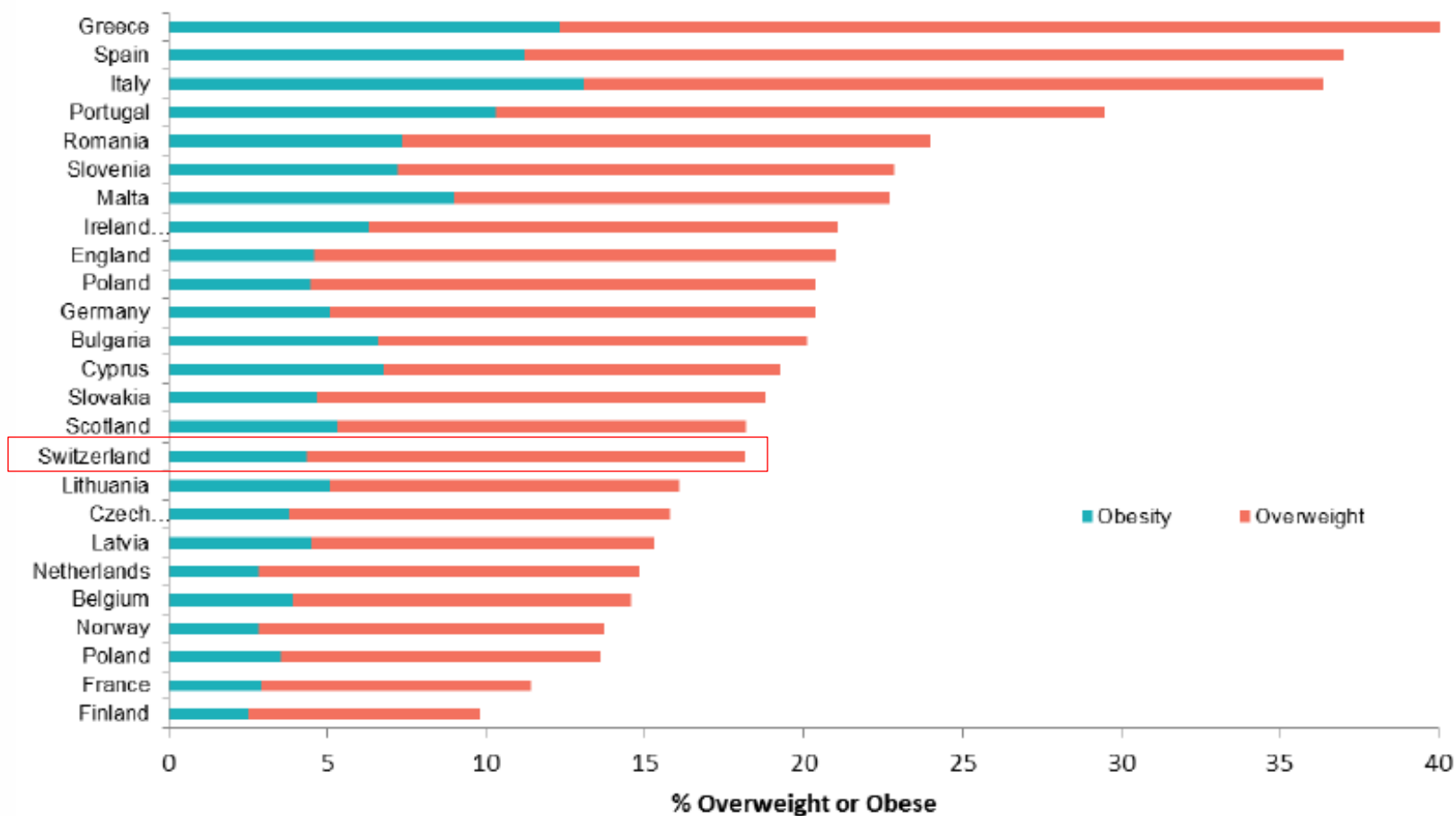


Lancet 2014

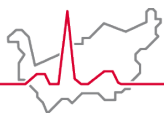


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Schweiz: Adipositas 5% - Übergewicht 18%

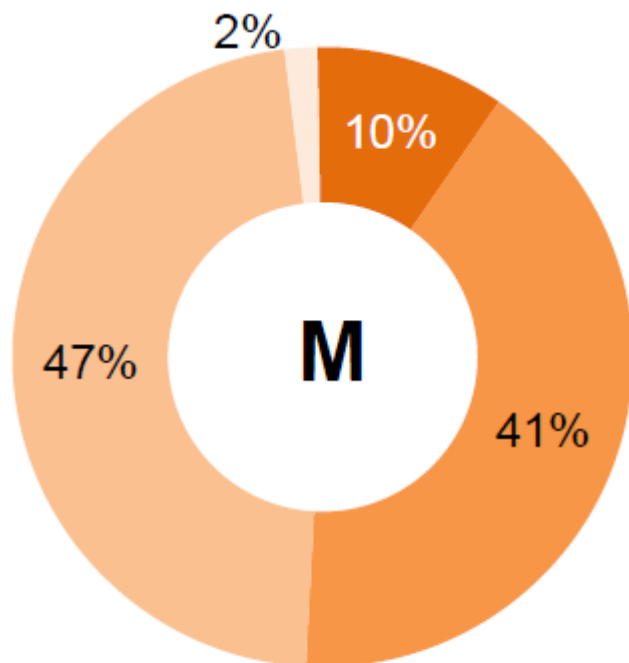


www.worldobesity.org 2014

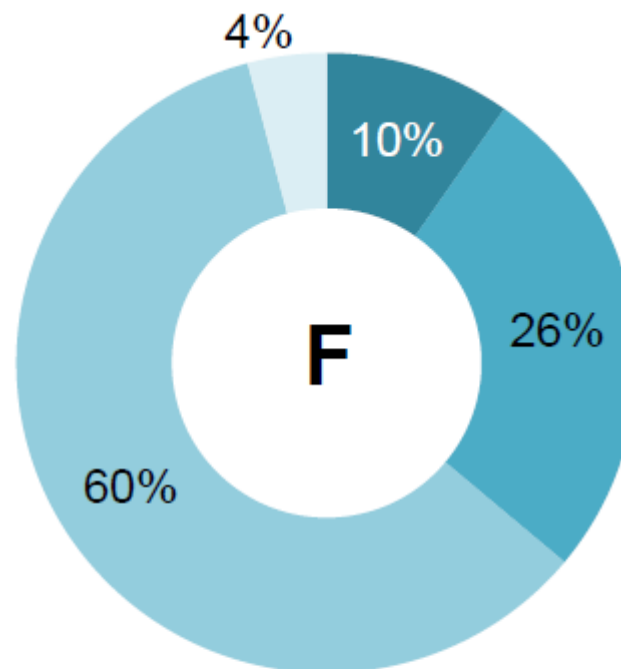


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Gewichtsverteilung Wallis

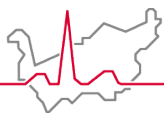


■ Adipositas
■ Übergewicht
■ Normalgewicht
■ Untergewicht



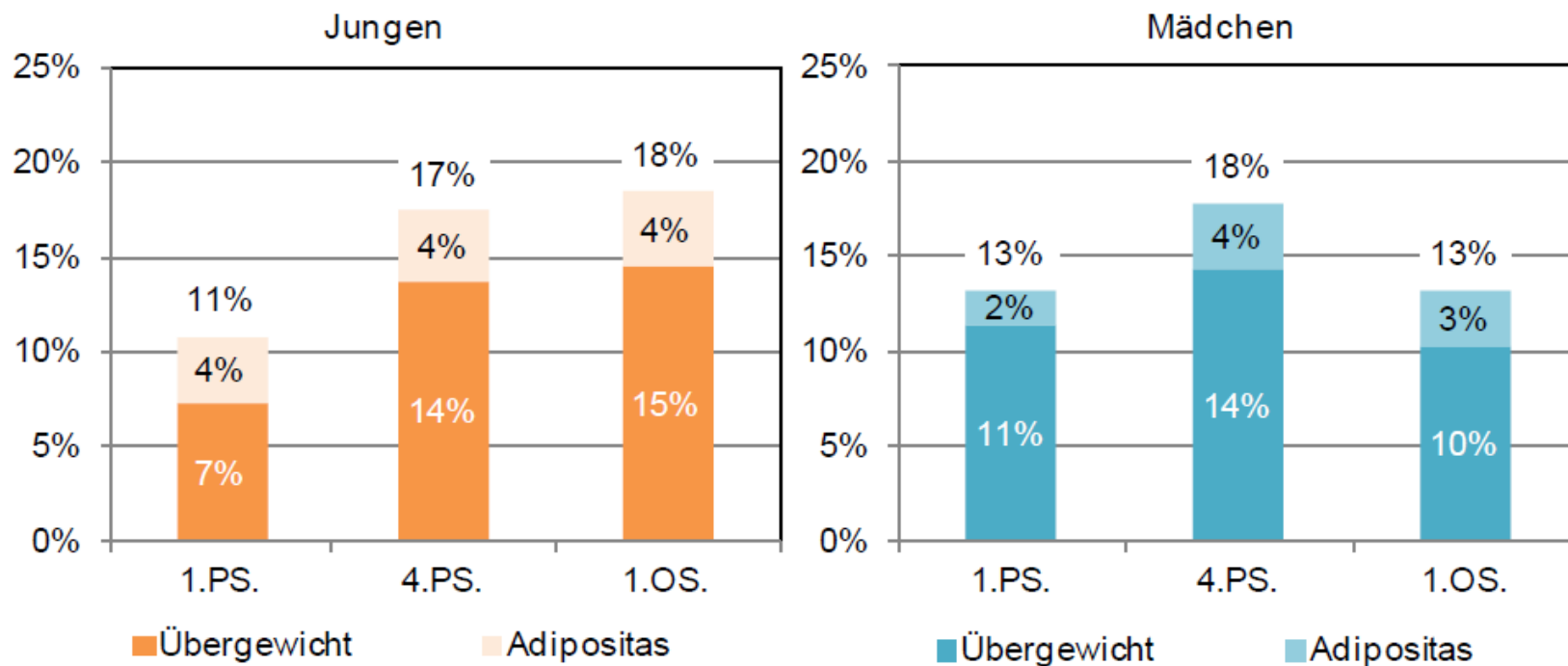
■ Adipositas
■ Übergewicht
■ Normalgewicht
■ Untergewicht

SGB 2012

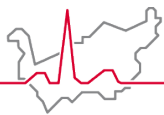


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Gewichtsverteilung Wallis



WGO 2011/12

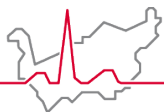


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Effektive Zahlen Wallis

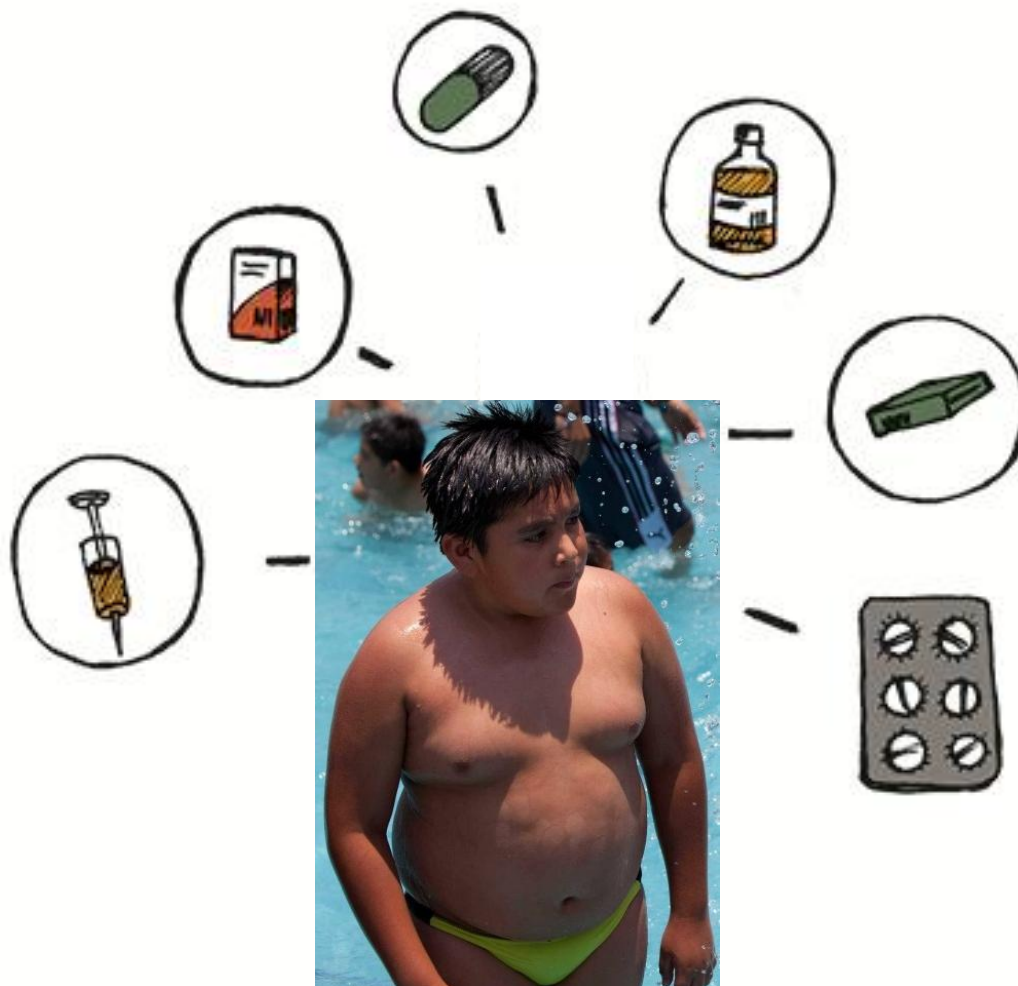
- Geburtenzahl 3198/a
- Adipositas (5%) 160/a
- Übergewicht (18%) 575/a
- 1/4 Kinder & Jugendlichen 15'000

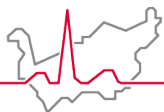
BfS 2014



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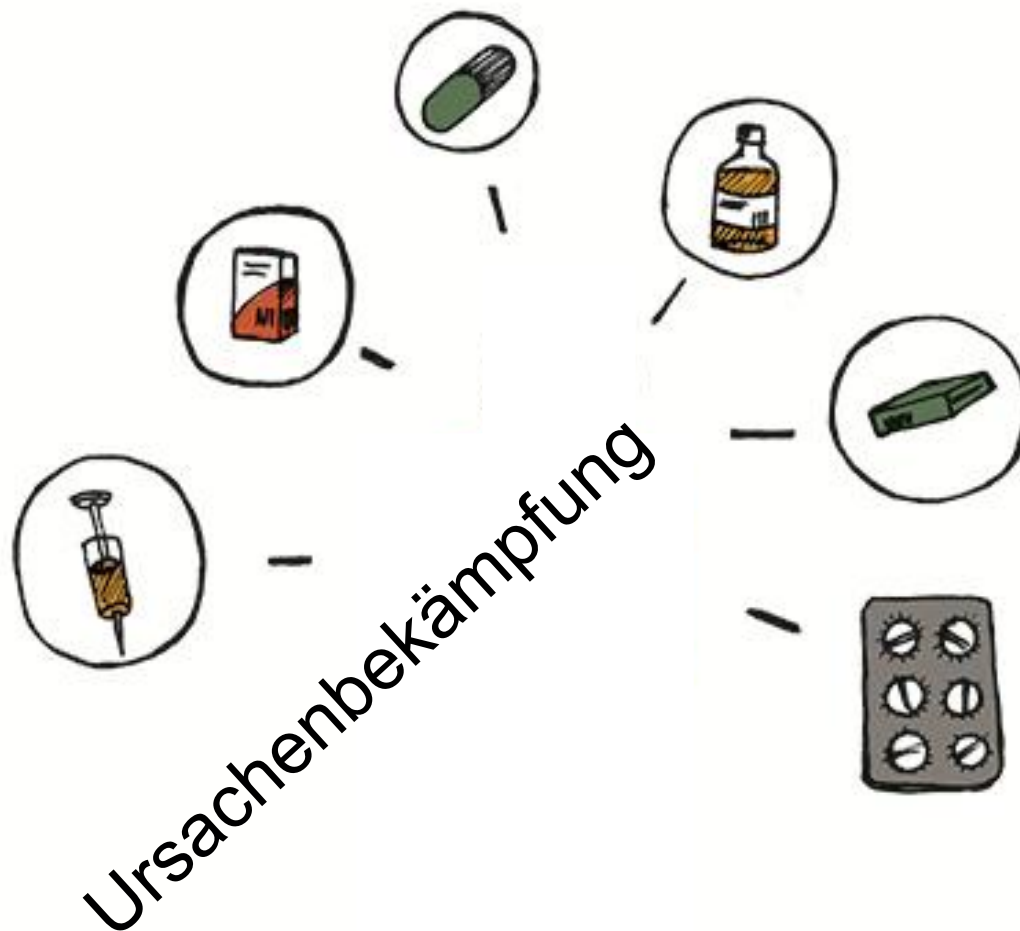
Was tun ?

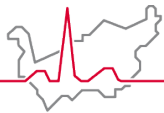




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Was tun ?

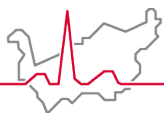




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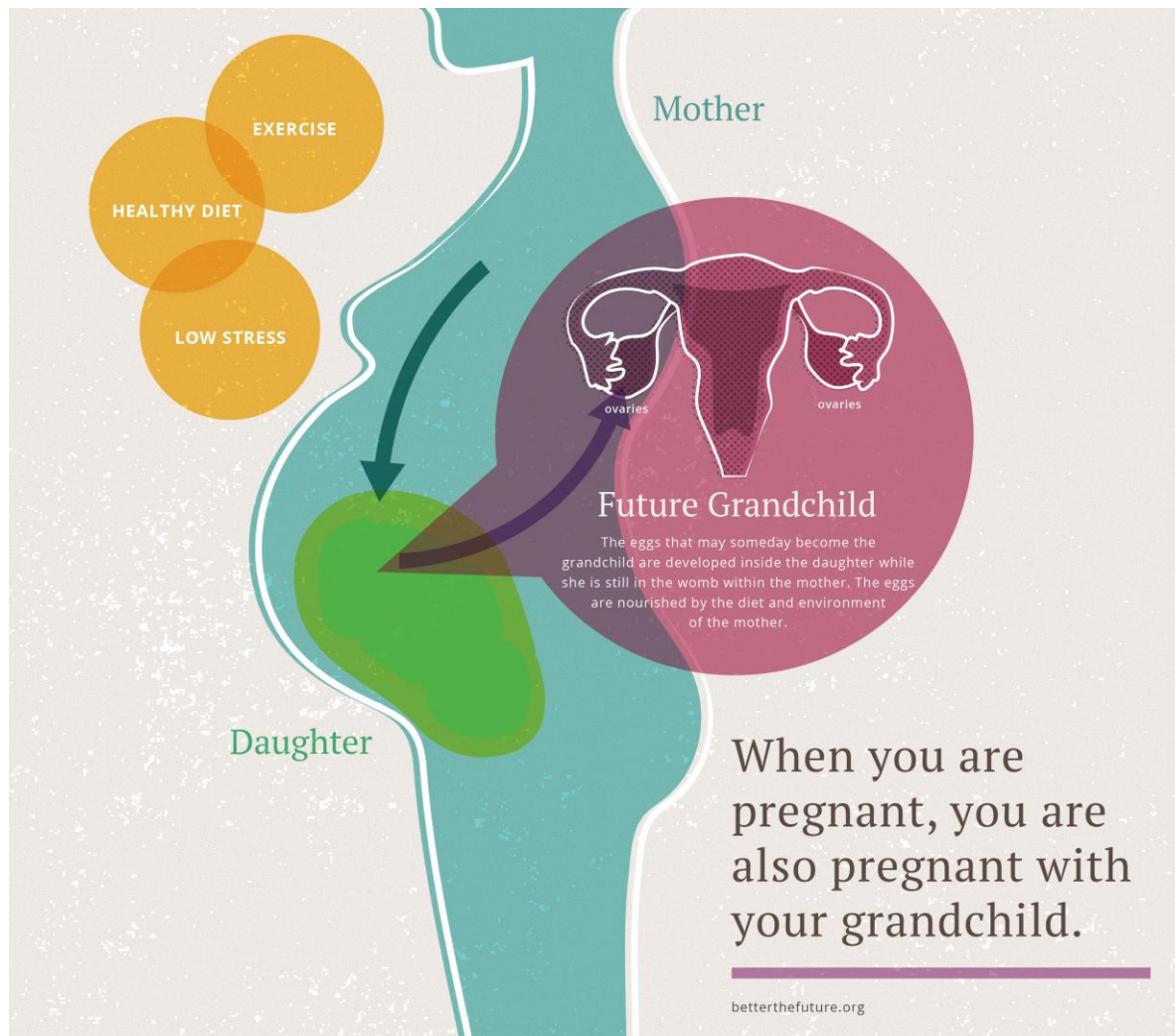
Ursachen

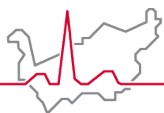
- Gene
- Umwelt
- early life influences



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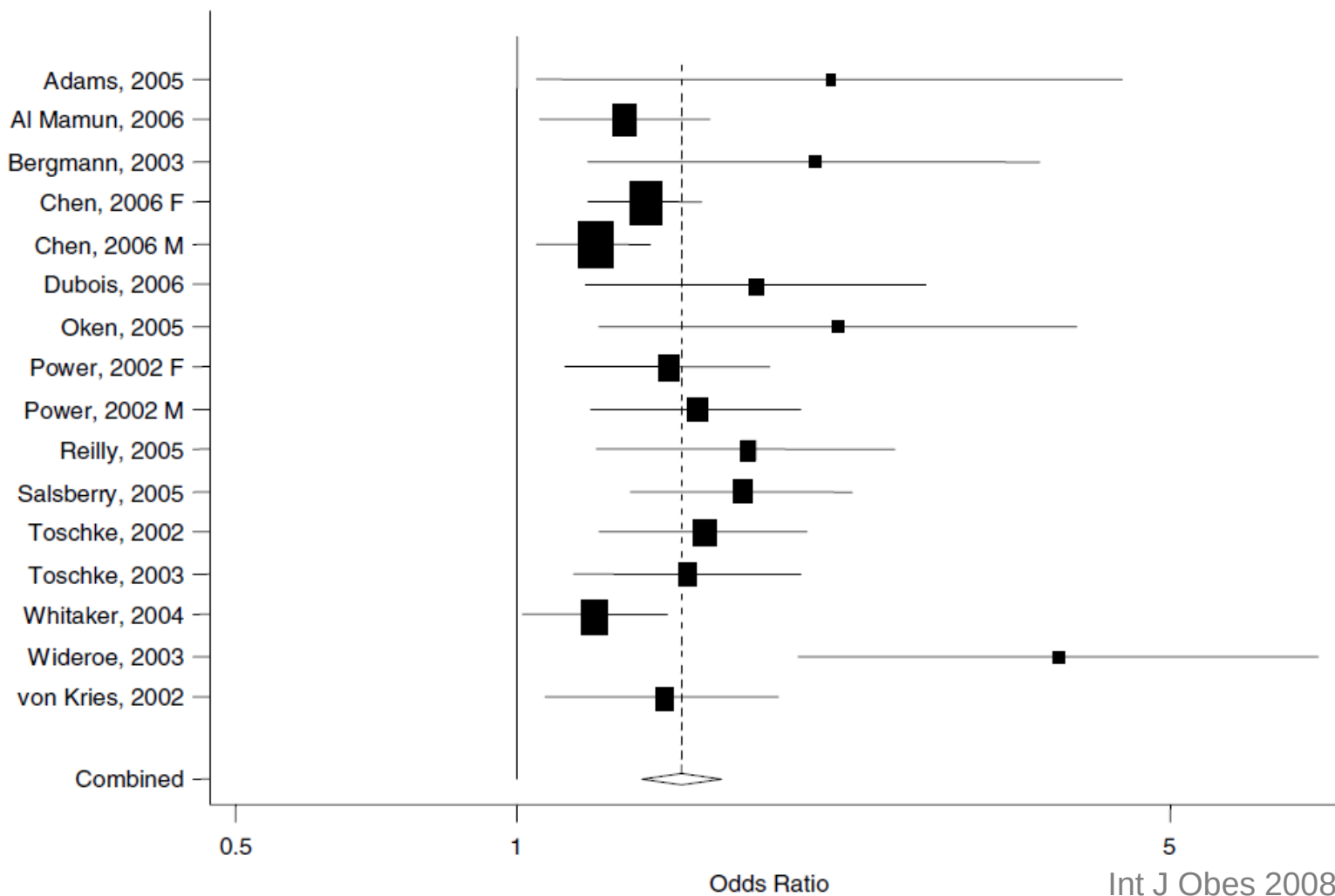
Ursachen : Barker Hypothese

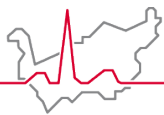




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Ursachen : Nikotin in der Schwangerschaft





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Ursachen : Gewichtszunahme in der Schwangerschaft

Associations of maternal gestational weight gain with child adiposity-related outcomes at age 3 years, before and after adjustment for potential confounding and pathway variables

Model covariate	Odds ratio: BMI [*] ≥95th percentile vs <50th percentile (95% CI)	BMI z-score [*] units (95% CI)	Sum of subscapular and triceps skinfold thicknesses in millimeters (95% CI)	Systolic blood pressure in millimeters of mercury [†] (95% CI)
0 (unadjusted)	1.30 (1.04, 1.62)	0.10 (0.04, 0.16)	0.18 (−0.06, 0.42)	0.33 (−0.17, 0.83)
1 (model 0 + covariates) [‡]	1.34 (1.07, 1.69)	0.09 (0.03, 0.14)	0.18 (−0.07, 0.42)	0.51 (−0.01, 1.04)
2 (model 1 + parental BMI)	1.66 (1.31, 2.12)	0.13 (0.08, 0.19)	0.26 (0.02, 0.51)	0.60 (0.06, 1.13)
3 (model 2 + fetal growth) [§]	1.52 (1.19, 1.94)	0.11 (0.05, 0.17)	0.25 (0.00, 0.50)	0.56 (0.01, 1.10)

Effect estimates are for a 5-kg increment in total weight gain.

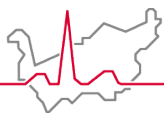
^{*}BMI for age and sex as compared with US national reference population¹⁷; odds ratios from multinomial logistic regression analysis of the entire study cohort.

[†]All blood pressure analyses are adjusted additionally for blood pressure measurement conditions and child age and sex.

[‡]Maternal prenatal smoking, race/ethnicity, household income, marital status, glucose tolerance, gestation length, breastfeeding duration, and child's sex.

[§]Defined as birthweight for gestational age z-value, by sex.²⁰

Am J Obstet Gynecol 2007

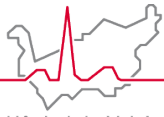


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Ursachen : Diabetes mellitus in der Schwangerschaft

Birth Weight Category (kg)	n	Mean (SD) BMI (kg/m ²)	No. (%) at Risk of Overweight	No. (%) Overweight
Girls				
0.5-< 2.5	255	18.6 (3.2)	28 (11.3)	8 (3.1)
2.5-< 3.0	1006	18.6 (3.3)	116 (12.0)	43 (4.3)
3.0-< 3.5	3146	18.8 (3.2)	370 (12.3)	128 (4.1)
3.5-< 4.0	2638	19.2 (3.3)	340 (13.7)	148 (5.6)
4.0-< 4.5	806	19.4 (3.4)	125 (16.7)	56 (6.9)
4.5-< 6	130	19.9 (3.7)	22 (18.3)	10 (7.7)
Boys				
0.5-< 2.5	178	18.7 (3.5)	20 (12.3)	15 (8.4)
2.5-< 3.0	626	19.0 (3.5)	78 (13.6)	53 (8.5)
3.0-< 3.5	2182	18.9 (3.3)	290 (14.4)	170 (7.8)
3.5-< 4.0	2598	19.1 (3.4)	388 (16.3)	224 (8.6)
4.0-< 4.5	1062	19.6 (3.4)	168 (17.6)	109 (10.3)
4.5-< 6	254	20.0 (3.5)	44 (20.5)	39 (15.4)

Pediatrics 2003



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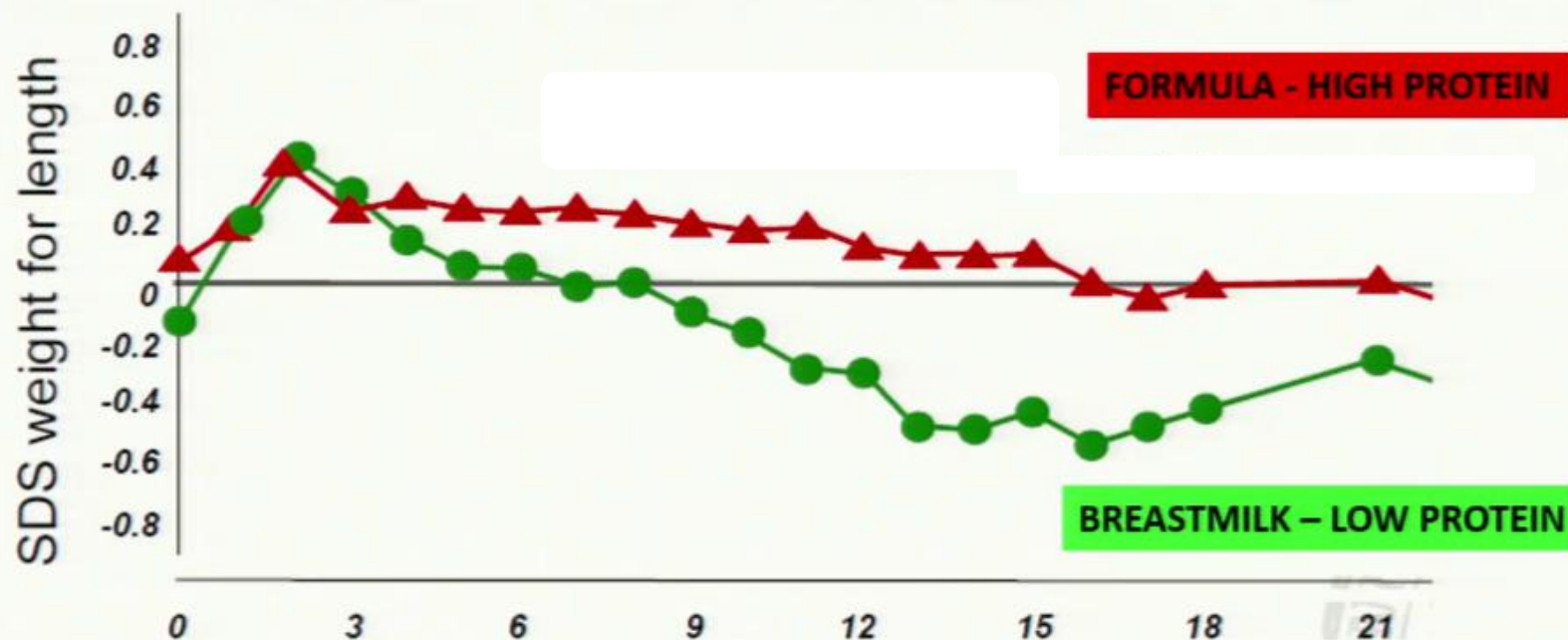
Ursachen : postnatale Gewichtszunahme

Infants who are at the highest end of the distribution for weight or body mass index or who grow rapidly during infancy are at increased risk of subsequent obesity.

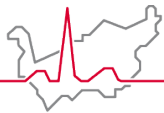
BMJ 2005

Ursachen : proteinreiche Säuglingsnahrung

DARLING STUDY: INFANTS FED HIGH PROTEIN FORMULAS GROW FASTER THAN BREASTFED INFANTS



AJCN 1993

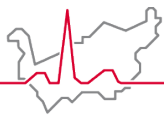


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Ursachen : Schlafdauer im Säuglingsalter

Daily sleep duration of less than 12 hours during infancy appears to be a risk factor for overweight and adiposity in preschool-aged children.

Arch Pediatr Adolesc Med 2008



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Ursachen : Bewegung - Ernährung

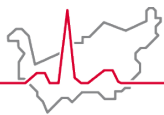


World Obesity 2015

Ursachen : Interventionsmöglichkeiten

- Lifestyle Adaptation werdender Eltern
- Gewichtsnormalisierung vor Schwangerschaft
- nikotinfreie Schwangerschaft
- moderate Gewichtszunahme während der Schwangerschaft
- optimale Ernährung in der Säuglingszeit
- perzentilengerechte Gewichtszunahme in der Säuglingszeit
- ausreichende Schlafdauer in der Säuglingszeit

Obesity 2008



Ursachen : Interventionsmöglichkeiten

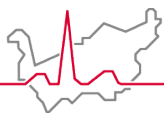
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Obesity 2008

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- ausreichende Schlafdauer in der Säuglingszeit

Obesity 2008



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Mütter- und Väterberatung

ZUSAMMENARBEIT MIT DEN ELTERN

MÜTTERBERATERIN

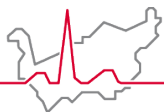
HEBAMME ARZT



Übergewicht – die Rolle des Pädiaters

- Problem erfassen
- Prävention betreiben
- Therapie anbieten
- Netzwerk bereitstellen
- Öffentlichkeitsarbeit





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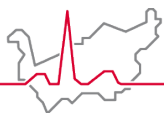
Pädiatrie Spital Wallis



Visp

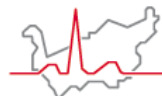
Sion





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Angebote Wallis : pädiatrische Sprechstunden



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Spital Wallis

**VOTRE ENFANT
EST EN SURPOIDS?**



Diätberatung

Sportlehrer

Pädagogen

Physiotherapeuten

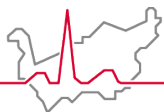
Psychologen

Hausärzte

Pädiater

etc.

Krankenkassen



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Ferienlager für adipöse Kinder



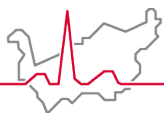
SPORTSMILE

FONDATION EN FAVEUR DU SPORT
POUR LES ENFANTS ET ADOLESCENTS
MALADES CHRONIQUES

zweisprachig



Section Valais
Sektion Wallis

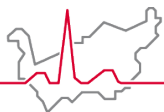


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Informationsmaterial Promotion Santé Valais

Spass im Alltag, Bewegung und
Ernährung machen das Leben
lebenswerter!





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Diskussion

