

OPEN FORUM - II

Obesity in Children and Kidneys



Childhood Age 0-18

How Obesity can be determined?
Evaluation of Obesity Body Mass Index

$$\text{Body Mass Index} = \frac{\text{Body Weight (kg)}}{\text{Height (m)}^2}$$

Sample: Height 1,60 m - BW 80 kg

$$\text{Body Mass Index} = \frac{80 \text{ kg}}{1,60 \times 1,60 \text{ (m)}} = 31,25 \text{ kg/m}^2$$

AGE	BMI	Diagnosis
<2 Age	≥ 95 p	Overweight
2-18 Age	≥ 95 p	Overweight
2-18 Age	85-95 p	Obese
≥18 Age	25-30 kg/m ²	Overweight
≥18 Age	≥ 30 kg/m ²	Obese

Advice for mothers of children younger than age 5:

- Children should be allowed to play or run in safe areas.
- Parents should get their children to drink a lot of water.
- Children should avoid consuming sugar.
- Parents should get their children to eat fruits and vegetables.
- Reduce fatty and salty food consumption.
- Do sports.
- Be a good example for the child

Advice for children:

- Do not sit in front of the computer continually!
- Drink water regularly!
- Wash your hands!
- Do not avoid going to the toilet when necessary!
- Avoid junk food!
- Avoid random use of drugs!

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Healthy Nutrition and Kidneys



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Nutritional Risk Factors in Kidney Diseases



Consumption of Salt Should Be Reduced
2,4 g/day sodium
< 6 g/day salt

Action Plan to Prevent and Control Kidney Diseases in Turkey (2014-2017)

Intake of Cholesterol Should be Reduced



Water Consumption Should be Increased

Age Group	Water Requirement (mL/day)
6-12 age	800-1000
1-2 age	1100-1200
2-3 age	1300
4-8 age	1600
9-13 age	2000
14 age	2000-2500

EFSA Journal 2010;8(3):1459

Suggestions:

- Fiber consumption should be increased (25 – 30 g/day).
- Total fat intake should be reduced.
- Avoid fast food.
- Vegetable and animal protein intake should be balanced.
- Physical activity should be encouraged.

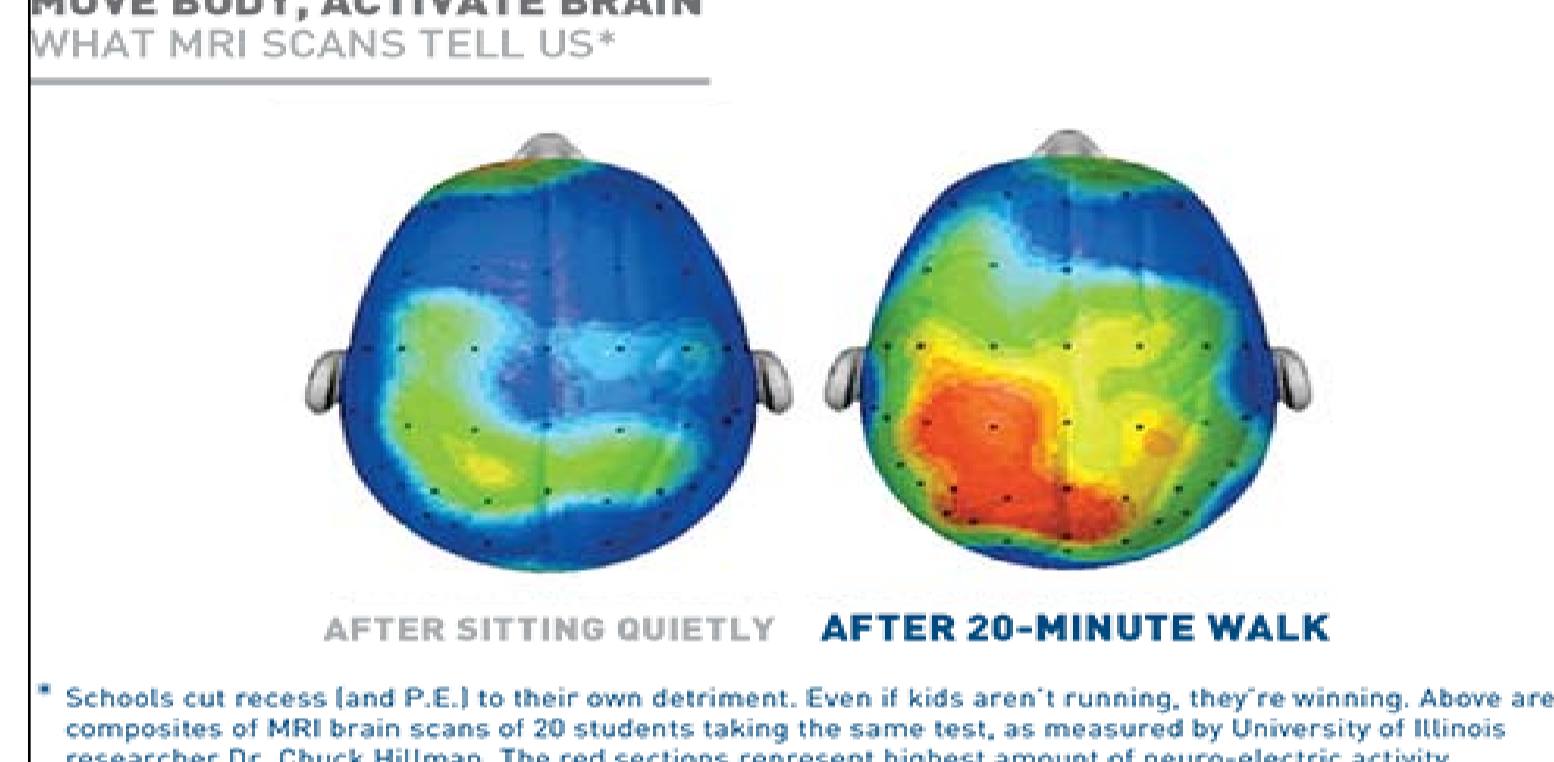
Kidney Health in Children and Exercise



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World Health Organization Scan 2002-2003

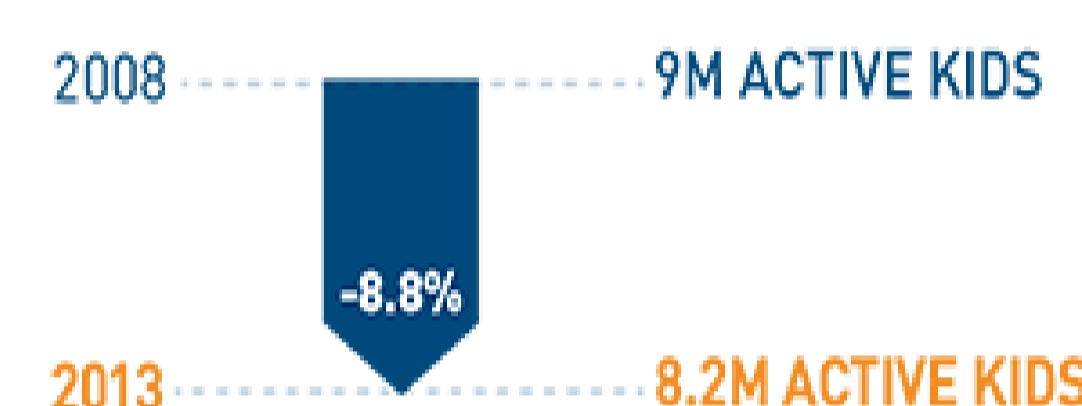
- In 51 countries between 18-65
- International Physical Activity Questionnaire.
- International Inactivity level
- Women 43.4%
- Men 67.6%
- National inactivity level (9.073 people in Turkey, Ministry of Health, TBSA -2010.)
- Women 76.5%
- Men 87.6%

MOVE BODY, ACTIVATE BRAIN
WHAT MRI SCANS TELL US*

Participation of children in sports:

- Self-confidence
- Positive look to life
- Motivation for success
- Making friends
- Having fun

...AND ARE LESS PHYSICALLY ACTIVE THROUGH SPORTS



Our scientific program was followed by the questions asked by the public. The answers by the experts were applauded by people.



BU YAZIYI ORTAYA ALALIM ÜÇ FOTO ALALIM DEMİŞSİNİZ..

HANGİ ÜÇ FOTO....

Other activities;



As regards activities of Anatolian Kidney Foundation the As regards activities of Anatolian Kidney Foundation the anthropometric measurement body weight, height of 30 children were evaluated in terms of World Growth Standards, waist measurement was evaluated in terms of CDC (Centers for Disease Control and Prevention) NCHS (National Center for Health Statistics). There was no deviation from wored standards.

- Blood pressure measures
- Weight and height measures
- Waist circumference and body mass index measures
- Survey on kidney health in children for the public.



The following fact about Turkey were stated:

- There are 70.000 kidney disease patients which is the tip of the iceberg.
- Awareness on the issue is 10% in the world, which is less in Turkey.
- There are 7 million people who don't know that they are ill. As a consequence, it is stated that children are of great importance in raising healthy generations.



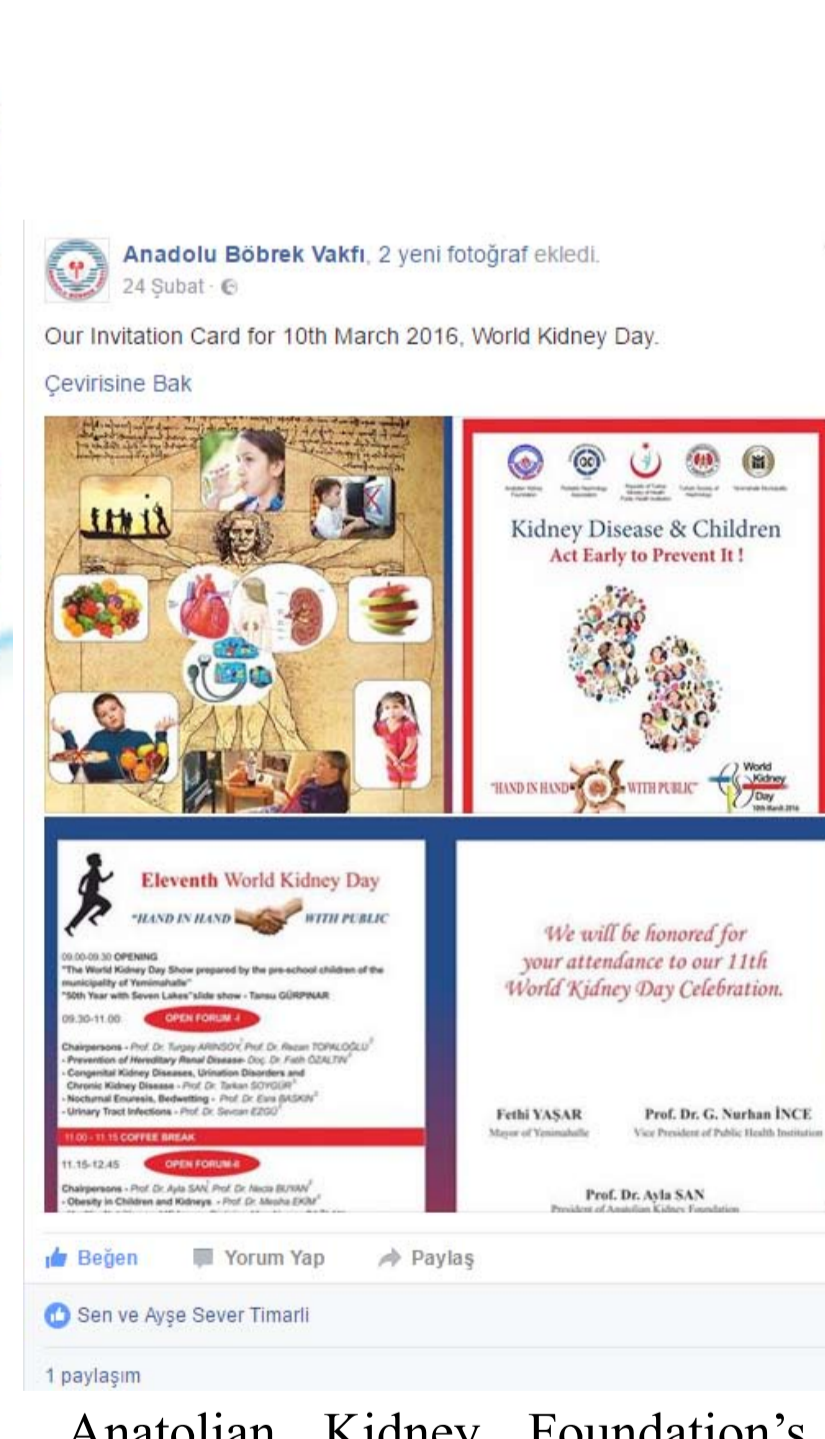
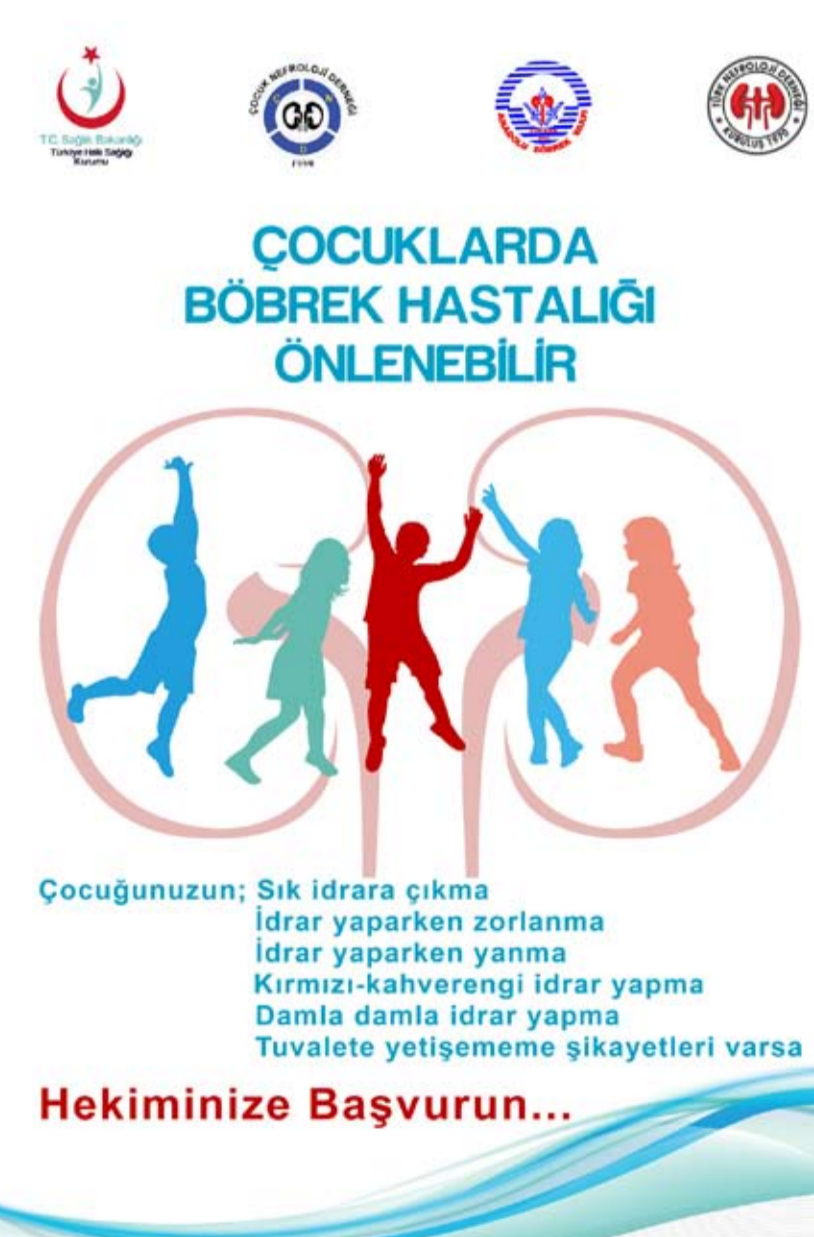
Some children with Kidney Disease.

The history of World Kidney Day, its purpose and acceptance by more people was highlighted. However, the fact that more effort should be made and that there is need for more improvement was also underlined.

Our Media and Social Media Activities for World Kidney Day 2016

These social and scientific studies are published in European Society for Pediatric Nephrology website

World Kidney Day's official website: www.worldkidneyday.org



Anatolian Kidney Foundation's facebook page



Anatolian Kidney Foundation's twitter page.



Anatolian Kidney Foundation's official website: www.anadolub.org.tr

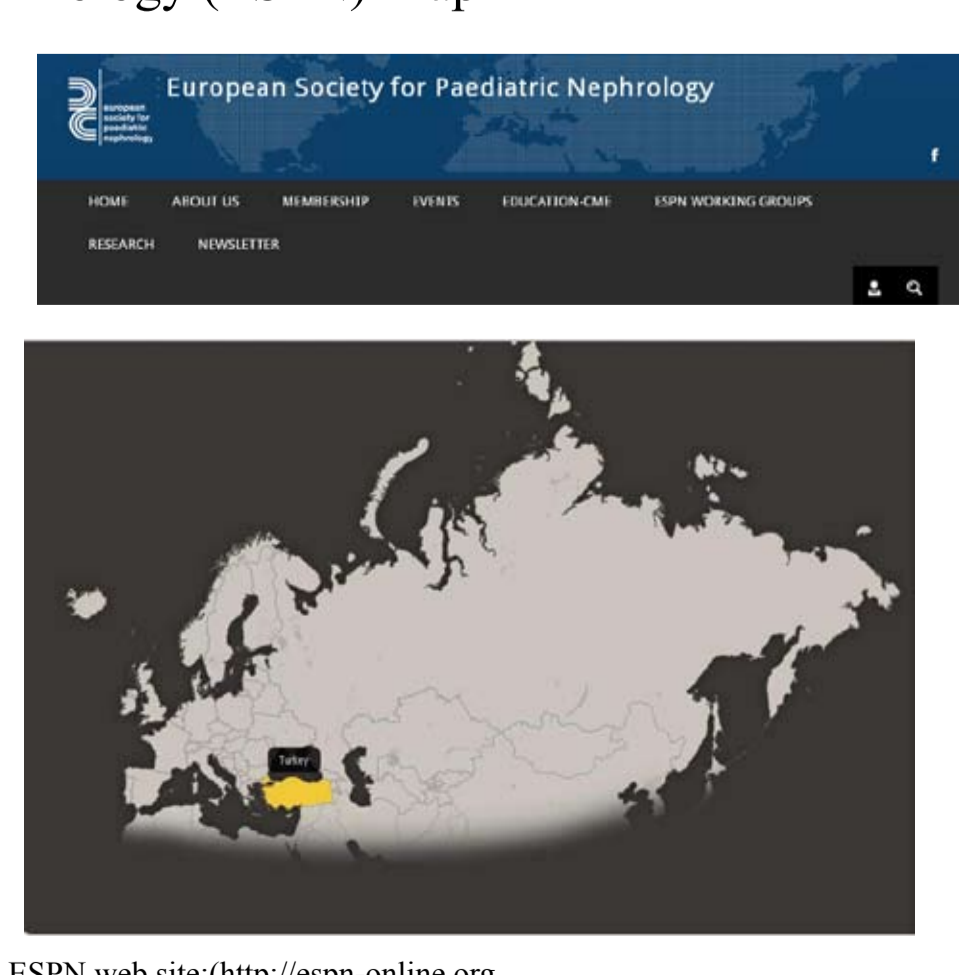


Our Renaliz Newspaper's Special Issue for WKD 2016

Hürriyet Newspaper (A national Turkish Paper), 1st March 2016.



Our World Kidney Day Activities were published in European Society for Pediatric Nephrology (ESPN) Map



ESPN web site (<http://espn-online.org>)

