



Service Priorities and Programmes Electronic Presentations

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Way to Success in Alarming Childhood Obesity. Extended review on TKOH multi-disciplinary Weight Management Program

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Introduction

The number of children living a sedentary lifestyle and eating an imbalanced diet is increasing. Overweight or obese children are likely to stay obese into adulthood and more likely to develop noncommunicable diseases like diabetes and cardiovascular diseases at a younger age. Department of Paediatrics of Tseung Kwan O Hospital collaborates with Physiotherapy and Dietetics Department reviewed an inpatient weight management program.

Objectives

To review the profile of obese children in paediatric ward by studying physical activity pattern and body composition, calories intake and blood tests for future program development.

Methodology

Retrospective study was employed. Inclusion criteria were set with child age under 18 and in potentially obese who admitted to hospital for obesity workup during Jul 2010 to Dec 2012. Evaluation outcomes included laboratory test on glucose level and lipid profile, Short Form of 7 days International Physical Activity questionnaire (IPAQ) for energy expenditure and dietary recalls of caloric intake were reviewed

Result

Total 247 clients aged 4-17 was captured. Mean BMI and BW for age groups 4-8(n=14), 9-12(n=114) and 13-17 (n=119) were 22.21 (36.71 kg) and 27.34 (62.71kg) and 30.79 (82.61 kg) respectively. There were 38%, 35 % and 26% client with low PA level, moderate PA level and high PA level respectively. For low PA clients, they spent 10.3 hours in sitting activity. 98% of the clients showed excessive caloric intake. The average intake of the three age groups 4-8 (n=11), 9-12 (n=57) and 13-17 (n=72)

were 1911 kcal, 2045 kcal and 2090 kcal respectively. The excessive caloric intake for the three age groups was 556 kcal, 605 kcal and 565 kcal respectively. For those clients, 3.7% clients diagnosed diabetes mellitus, 18.1% impaired glucose tolerance, 25.4 % has abnormal serum cholesterol and triglyceride level, 23.9% shown raised ALT and 27.5% hyperinsulinaemia.