

## *Recognition and management of overweight and obesity in Children*

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### *Abstract*

Nutritional management is an important component of the treatment of pediatric overweight and obesity, therefore our aim is to provide a tool that integrates the current recommendations and clinical expertise to assist dietitians in their decision making about nutritional management of pediatric overweight obesity. Childhood overweight is a serious public health concern. The BMI helps indicate if your child is overweight for his or her age and height. Children can achieve healthy weight and growth with the help of their parents and family. The whole family will benefit from making healthy life style choices, limiting takeaway and junk food and increasing physical activity.



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### *Biography:*

Dr Marwa nabil abdelhamid Master degree in clinical pharmacology American board certified nutritionist Researcher in ain shams university Pharmacy director in mersal(NGO) Head of nutrition department in Glow and perfect clinic Committee member in pharmaco-economic department in CAPA PHD researcher in faculty of pharmacy Ain shams university.