WEIGHED IN THE BALANCE
&
FOUND WANTING

Leave no one behind!
Let's balance the scales.

World Health Organization

Dr. Shivon Belle Jarvis
27/8/2020
Review the following:

• Factors contributing to pandemic weight gain in children

• Trends in BMI among children prior to the pandemic in Antigua & Barbuda

• Highlight likelihood of BMI trends as pandemic progresses

• Strategies to maintain/ reduce childhood BMI at an institutional level within health care systems
Societal interventions against COVID-19
Lockdowns, physical distancing and self-isolation

Increased socio-economic hardship

Deteriorating psychosocial health

- Chronic stress
- Altered eating behaviour

Perturbed energy homeostasis

Worsened obesity

Increase in risk factors
- Insulin resistance
- Ectopic fat deposition
- Hypertension

Increase in comorbidities
- Type 2 diabetes mellitus
- Cardiovascular disease
- Cerebrovascular disease

Figure 1.0 (Clemmensen, C., et al., 2020). COVID-19 pandemic and its impact on obesity epidemic
OUTCRY IN THE LOCAL CONTEXT

Socioeconomic Hardship
- Loss of jobs
- Reduced hours
- Lack of remuneration
- Delayed salaries

Psychosocial Insecurity
- Anxiety
- Depression
- Body Image Issues

Altered Food Related Behaviour
- Food hoarding
- Panic Buying
- Altered food cues

Limited Physical Activity
- Closed Facilities
- Physical Distancing
- Online Learning
What Story does History Paint?
L Walwyn, and S Hunte., 2012

Who?
- 8 primary, 5 secondary; n= 4029
- 5- 20 years – Kindergarten to Grade 11

When?
- 2006-2009

Where?
- Antigua

What?
- Age, sex, weight, BP, BMI, presence of Acanthosis Nigricans

Why?
- NCD leading cause of Morbidity & Mortality in Antigua & Barbuda
- No protocol for routine screening or annual exam
- 150% increase in obesity 0-5 year olds in Antigua & Barbuda 2002-2007
BMI Classification Stratified by Age

L Walwyn, and S Hunte., 2012
% OVERWEIGHT STRATIFIED BY AGE & SEX

L Walwyn, and S Hunte., 2012

Age (Years) | Males | Females
---|---|---
<6 | 15.1 | 12.7
6-<8 | 17.4 | 21
8-<10 | 20.3 | 28.8
10-<12 | 25.1 | 32.5
12-<14 | 33.4 | 30.4
14-<16 | 24.8 | 28.2
16-<18 | 26.9 | 21.6
>=18 | 29.4 | 42.6
Where Are We Going?

Figure 3.0 (An, R., 2020) A microsimulation model projecting the impact of the coronavirus disease-2019 pandemic on childhood obesity in the United States

- Prevalence (L. Walwyn, and S. Hunte, 2012):
  - Overall: 26.5%
  - <10 years old: 20.7%
  - Adolescents ≥ 10 years: 28.5%
Institutional Framework

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1</td>
<td>National NCD Commission or Equivalent</td>
<td>![ Implemented/Present ]</td>
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<td>2</td>
<td>Active HCC COP Initiative (to be completed online only)</td>
<td>![ Partially implemented/Under development ]</td>
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<td>3</td>
<td>Nation policy, strategie plan or action plan on obesity</td>
<td>![ Implemented/Present ]</td>
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<td>4</td>
<td>Mandatory front-of-package nutrition labelling regulation</td>
<td>![ Implemented/Present ]</td>
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<td>5</td>
<td>Nutrition policy or guidelines for all schools</td>
<td>![ Implemented/Present ]</td>
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<td>6</td>
<td>Regulation banning or restricting the sale and marketing of SSBs and or all EDNP foods in and around all schools and ensuring the provision of free drinking water</td>
<td>![ Implemented/Present ]</td>
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<td>7</td>
<td>Regulation banning the marketing of unhealthy foods to children</td>
<td>![ Implemented/Present ]</td>
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<td>8</td>
<td>Regulation banning trans fats (legislative limit on trans fat)</td>
<td>![ Implemented/Present ]</td>
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<tr>
<td>9</td>
<td>Taxes on Sugary Drinks (SSBs)</td>
<td>![ Implemented/Present ]</td>
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<tr>
<td>10</td>
<td>Taxes on EDNP foods / unhealthy foods.</td>
<td>![ Implemented/Present ]</td>
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<tr>
<td>11</td>
<td>Subsidies on local fruits and vegetables</td>
<td>![ Implemented/Present ]</td>
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<td>12</td>
<td>Implementation of the Baby Friendly Hospital Initiative (BFHI) in at least one local health facility</td>
<td>![ Implemented/Present ]</td>
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<td>13</td>
<td>Legislation/regulations fully implementing the International Code of Marketing of Breast-milk substitutes</td>
<td>![ Implemented/Present ]</td>
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<tr>
<td>14</td>
<td>Mandatory physical education in all government schools</td>
<td>![ Implemented/Present ]</td>
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<tr>
<td>15</td>
<td>National program(s) contributing to childhood obesity prevention (COP) efforts</td>
<td>![ Implemented/Present ]</td>
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Priority Areas

- Nutrition Literacy
- Early Childhood Nutrition
- Marketing
- Trade & Fiscal Policy
- School & Comm. Interventions
- Resource Mobilisation
- Strategic Planning
- Monitoring Evaluation & Surveillance

Priority Areas
Jeffcott, S., 2014. The spread and sustainability of quality improvement in health care
Recommendations

- Buy In
- Multi-sectoral Approach
- Policies
- M & E
- Innovation


