POPULATION HEALTH PROBLEMS

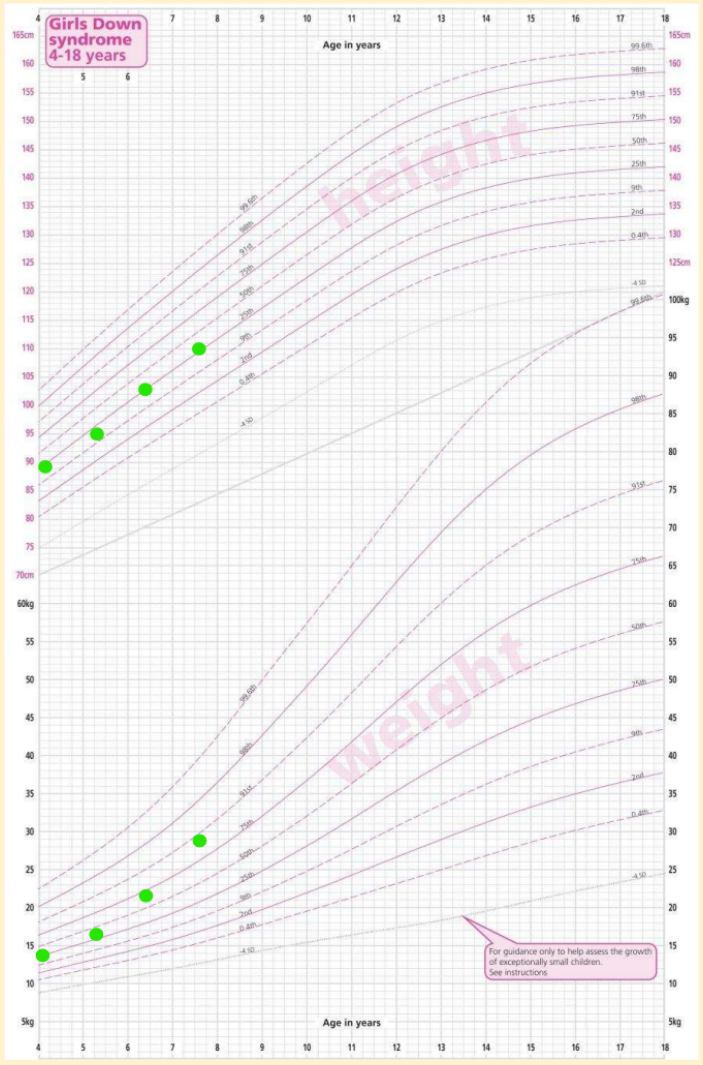
Obesity

During a general Community Paediatric clinic you meet 7-year-old Freya. Your supervising consultant has known her since she was referred at 2 years old for monitoring regarding an antenatal diagnosis of Trisomy 21.

Freya needed Speech and Language Therapy in the past and is hypermobile, but has never had any health concerns. She attends an inner city school. Your consultant notes in his last clinic letter that Freya's father describes the whole family as made big despite eating very little.

Today, her mother says Freya is doing really well and that she has recently been out shopping for her very first bra crop top, which Freya is thrilled about.

On examination you notice that Freya has some purple stretch marks on her hips and central adiposity, but otherwise a normal systemic examination. She has no palpable breast buds. Her growth chart is shown below.



- Why might Freya be overweight? Consider individual and population factors.
- How would you raise your concerns with Freya's family? What practical recommendations might you make?
- How might Community Paediatric services try to ameliorate the wider causes of childhood obesity?

Image source: adapted from www.dsmig.org.uk/information-resources/growth-charts/

SUPPORTED BY: BACCH British Association for Community Child Health; British Association for Child & Adolescent Public Health