



חשיבות ההתערבות בגיל הרך במניעת השמנה

פרופ' מרי רודולף, מרכז גושן



בריאות ורווחת הילד בקהילה
Community Child Health & Well Being
صحة ورعاية الطفل في المجتمع المحلي



המכון הלאומי לחקר שירותי הבריאות ומדיניות הבריאות (ע"ר)

חשיבות של גיל הרך למניעת השמנה

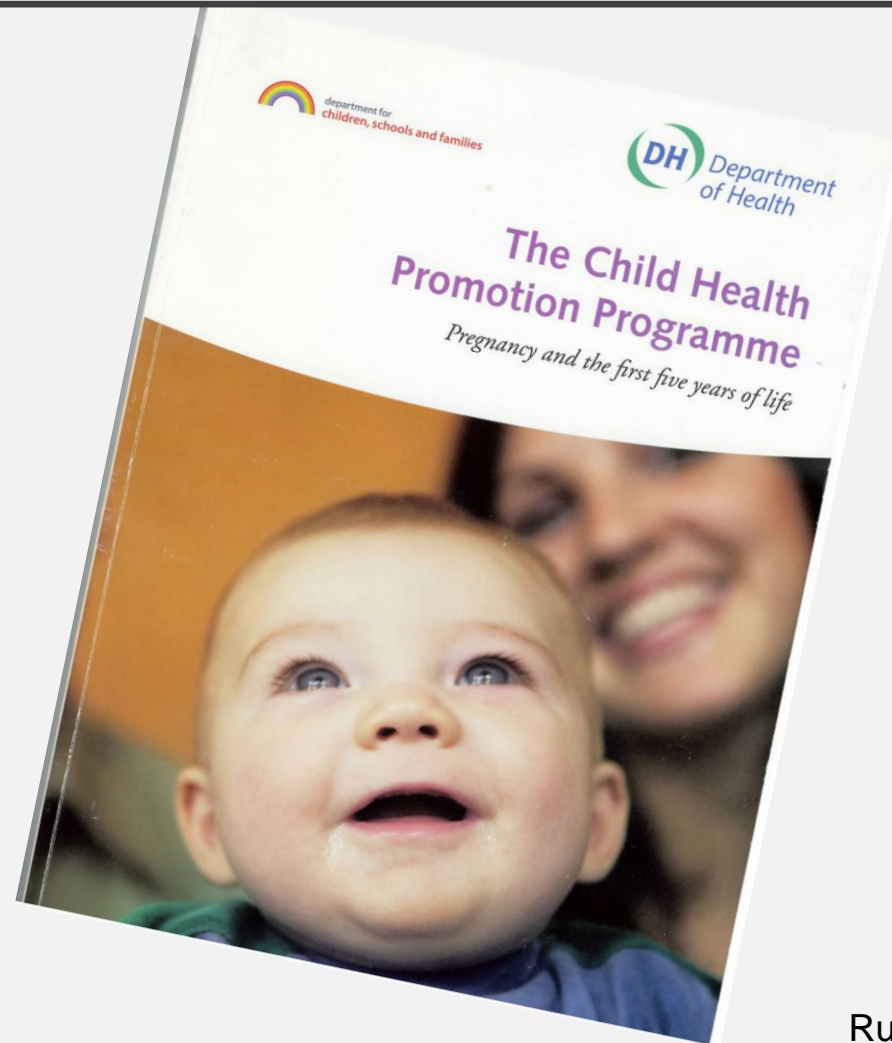
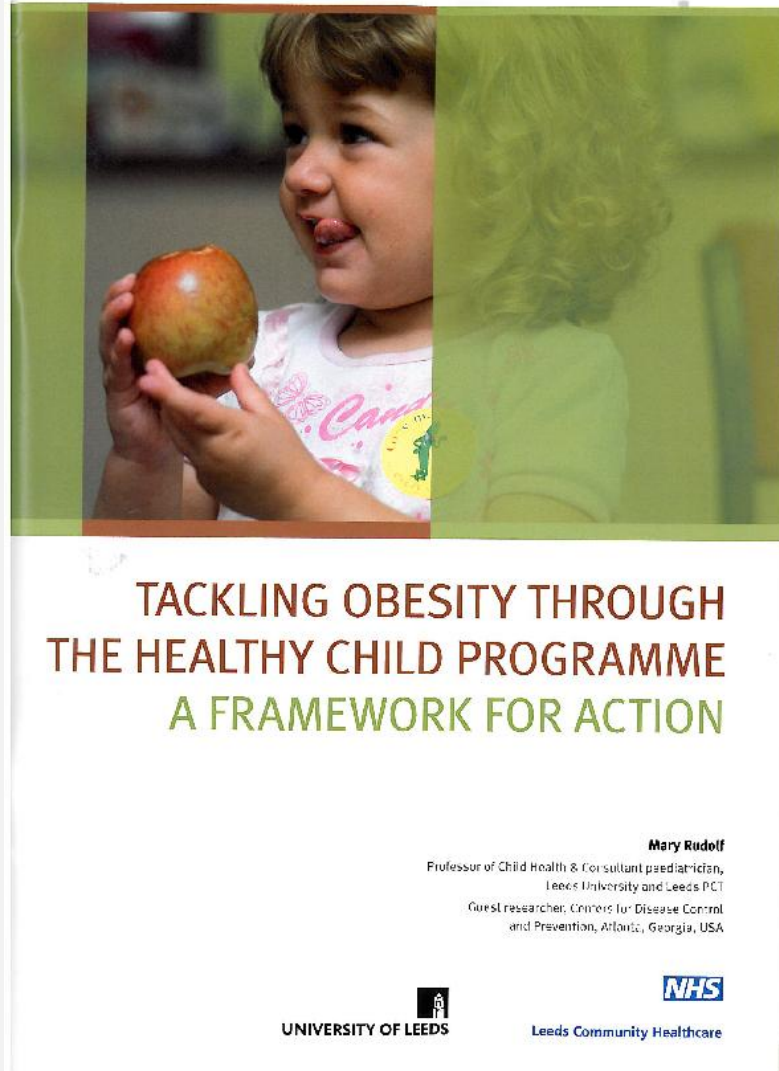


אומן: בריל קוק

פרופ' מרי רודולף

הפקולטה לרפואה בגליל ע"ש
עזריאלי, אוניברסיטת בר-אילן

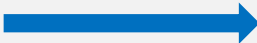
WHAT DO WE KNOW ABOUT THE EARLY YEARS?



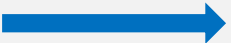
Rudolf MCJ. Funded by UK Department of Health

WHY ARE THE EARLY YEARS RELEVANT FOR OBESITY PREVENTION?

INFANCY
0-12 months



TODDLER YEARS
1-3 years



PRESCHOOL
YEARS
3-5 years



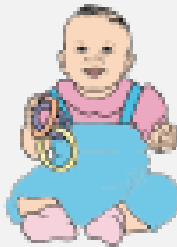
Biological programming:
Fat cell production
Appetite regulation

*Establishment
of:*
Lifestyle habits

Psychosocial
distress
Atherosclerosis

TRAJECTORY OF WEIGHT GAIN

INFANCY
0-12 months



TODDLER YEARS
1-3 years



PRESCHOOL
YEARS
3-5 years



Rapid weight gain
has 6 – 10 times risk
of later obesity

90% obese 3 year olds
remain overweight or
obese into adolescence

On starting school
overweight/obesity
affect 25% Jews,
19% Arabs

INFLUENCES ON THE DEVELOPMENT OF OBESITY

- Infant nutrition
- Physical activity, screentime, & sleep
- Parenting



BREASTFEEDING

- Healthy weight is related to duration and 'dose' of breastfeeding
- Self regulation
- Metabolic programming
 - Insulin and leptin



Pierre August Renoir

BOTTLE FEEDING AND WEANING

- Fruit juice
- Early introduction of solids
- Lower protein formulas?



FLAVOURS AND FOOD PREFERENCES

- Exposure in pregnancy and lactation
- Neophobia (picky eating)
- Rewards, comfort and bribes



APPETITE REGULATION

- The newborn 'fuel gauge'
- Responsive feeding



PARENTING – MODELLING & 'PARENTING STYLES'

The association between parents and children's eating behaviour:

What they eat
How they eat

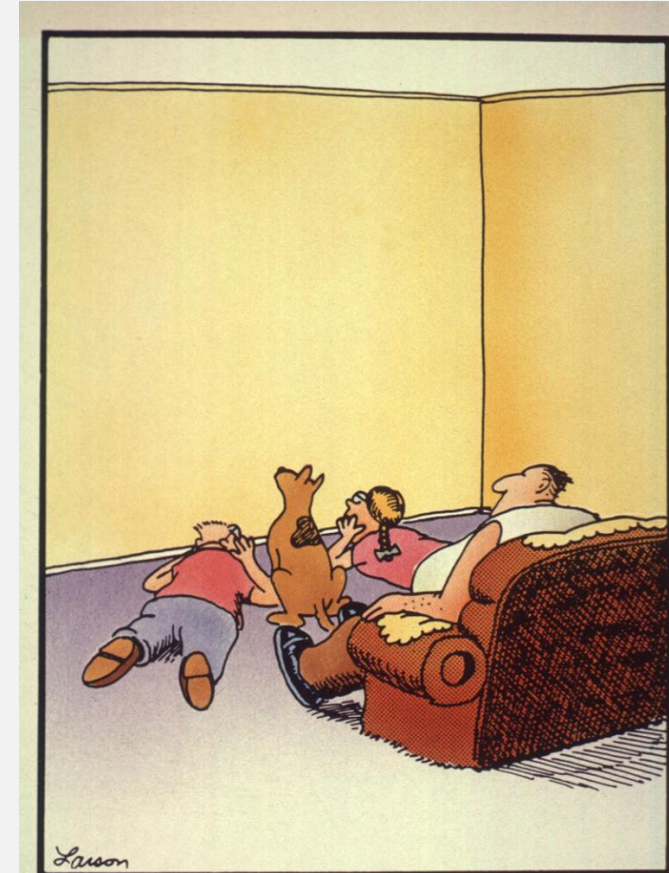
Parenting styles

Family mealtimes



PLAY, SCREENTIME AND SLEEP

- Parent modelling
- Screentime
 - TV in bedrooms
- Sleep



In the days before television

KEY FACTORS IN INTERVENTION

- Early intervention
- Multi-component approach
- Parental involvement
- Policy-level initiatives

Health Exercise Nutrition for the Really Young

(אפשרי בריא לגיל הרך בארץ)

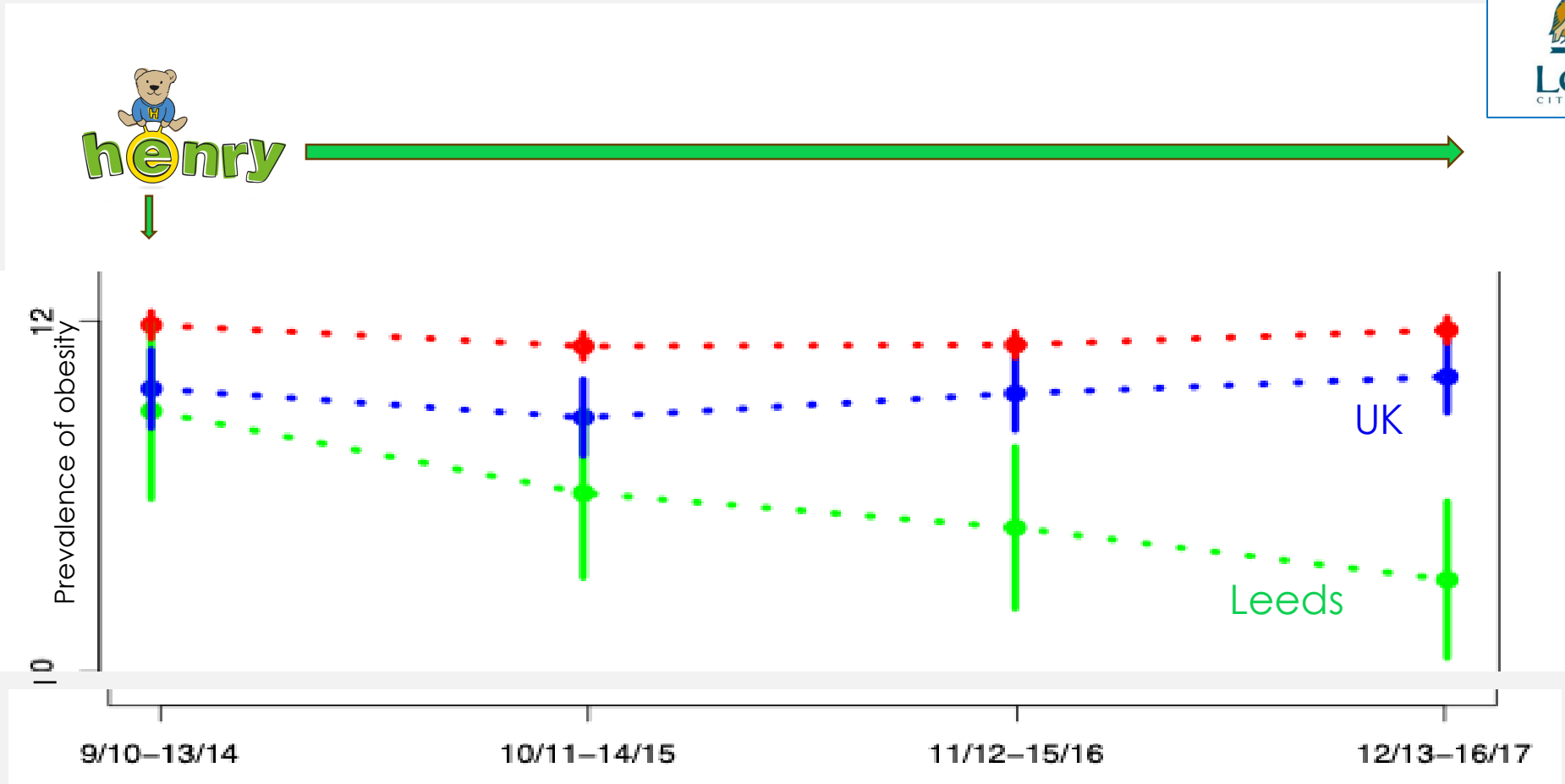


Funded by Local Authorities.
Located in Children's Centres

From 2024-2025

- 1800 community professionals trained in the approach
- >17,000 families participated in programmes/workshops

LEVELS OF OBESITY IN 4-5 YEAR OLDS IN ENGLAND FROM 2009 TO 2017: MOST DEPRIVED NEIGHBOURHOODS



Observational analysis of disparities in children in the UK: Has Leeds bucked the trend?
Rudolf M et al. Pediatric obesity 2019

RECOMMENDATIONS FROM PROFESSIONAL BODIES

- Breast feeding
- Screen time
- Physical activity
- Nutrition
- Screening for obesity



REGULATORY ACTION

- Taxes on Sugar Sweetened Beverages – 103 countries
- Childcare licensing regulations
 - Food in child care
 - Screen time and physical activity
- Food advertising & marketing restrictions
- Food labelling
- Green spaces and play areas

