



David Fairlamb

THE FIT FACTOR

NUTRITION CORNER

Help yourself and your family by analysing your shopping list and pull back on unhealthy snacks, plus avoid buying any sugary drinks – if it's not in the house, you can't be tempted.



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A YOUNG boy has become the youngest victim of Britain's weight crisis after dying of a blood clot due to obesity.

The 13-year old boy, who hasn't been named to protect the family's privacy, collapsed early this year due to a blood clot, which has been attributed to his size.

The pathologist conducting the post mortem found the child died of natural causes and said he did not require an inquest.

The boy is believed to be the youngest victim of an obesity epidemic in the UK. NHS school nurses had weighed him four years ago and sent a letter home warning his parents about his weight. The post mortem found he also showed evidence of fatty liver disease, an early sign of liver failure due to obesity.

The post mortem report noted the boy had been gaining weight from a young age, and even saw his GP the day before he died earlier this year after complaining of swollen feet. He is said to have had a body mass index of 42 and was twice the recommended weight for his age.

This is another tragic consequence of the growing number of

obese children in the UK and sadly, we in the North East also have the highest number of morbidly obese children in the country. An individual is considered morbidly obese, if he or she is 100 pounds over his/her ideal body weight, has a BMI of 40 or more, or 35 or more and experiencing obesity-related health conditions, such as high blood pressure or diabetes.

The World Health Organisation called the rise in weight-related health risks an obesity epidemic, as 115 million people suffer from obesity-related problems worldwide.

The UK is in the top quarter of the world's fattest countries and the third most overweight country in Europe after Malta and Turkey in a new report published this month.

I'm extremely shocked to hear about this obesity-related death, yet not surprised. I seem to be repeating myself year after year as succes-

*You can't out-train
a bad diet*

**Motivational quote
of the day**

sive UK governments, I believe, have just played at the obesity problem rather than attacked it properly.

Health experts have spoken for two decades about sugar and the impact it was having on obesity and the serious illnesses associated with it. Only now are the government listening.

I believe that wellbeing and health need to be in the national curriculum so children are learning how to be healthier from an early age. Plus they would understand what is healthy and the norm. Many think obesity is the norm.

One in five meals children eat are away from home, according to Public Health England figures. Meals away from home are associated with much higher fat and sugar content, and higher portion sizes, and food outlets are increasingly clustered around schools.

Health minister Steve Brine has finally opened consultation on the introduction of calorie labels in restaurants, cafes and takeaways to give families more control over what they order.

As parents we need to also stand up and try get our children into



FITNESS TIP

Your children will often follow your lead. If you exercise then I'm sure you can get them to do the same. Encourage them to build healthy habits.

healthier habits from an earlier age, this will then become their norm.

There are so many questions left unanswered as to why the UK is still in such a chronic obesity crisis.

I feel all attempts to help are clearly not having any sort of real

impact, but if all the influential organisations can somehow work together to attack this problem, then knowledge and results will start to happen and there would be hope for the next generation.