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PEOPLE TREE
HOSPITALS

Life Style & Kids !

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MRCPCH [UK] Fellowship Paediatric

Critical Care [IAP]

Consultant Paediatric Intensivist

Greetings from PEOPLE TREE Paediatrics





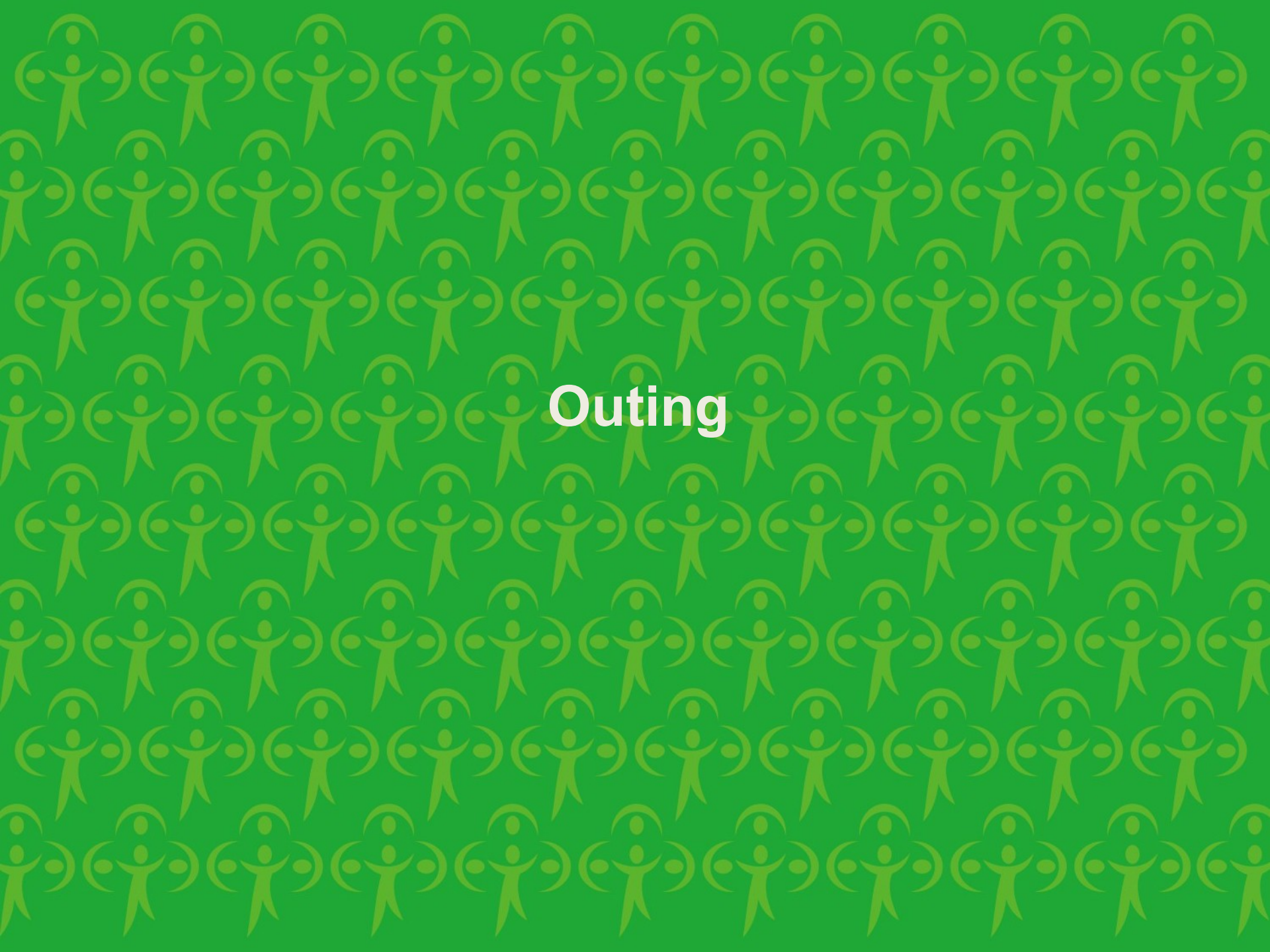
Everything about today's children has changed...



Play







Outing







Food



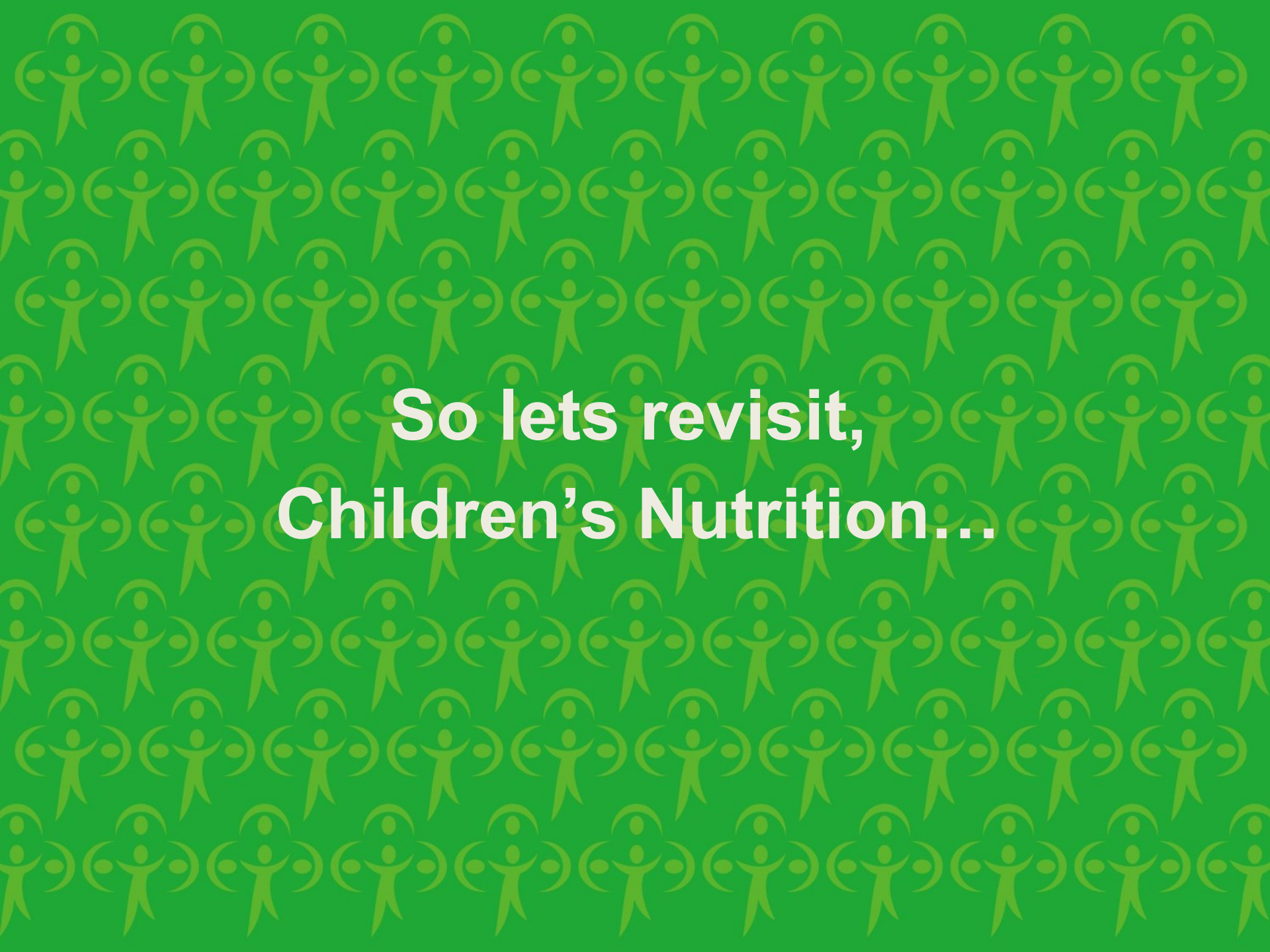
Copyright: Sizzlingveggies.com

Insert Graph Title Here



Over the years



The background of the slide is a solid green color with a repeating pattern of stylized human figures. Each figure is composed of a green circle for the head and two curved lines for the arms and legs, all in a lighter shade of green. The figures are arranged in a grid-like pattern, facing different directions.

**So lets revisit,
Children's Nutrition...**

Our Study



- We analysed 5000 **NORMAL** school children.....



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Screening

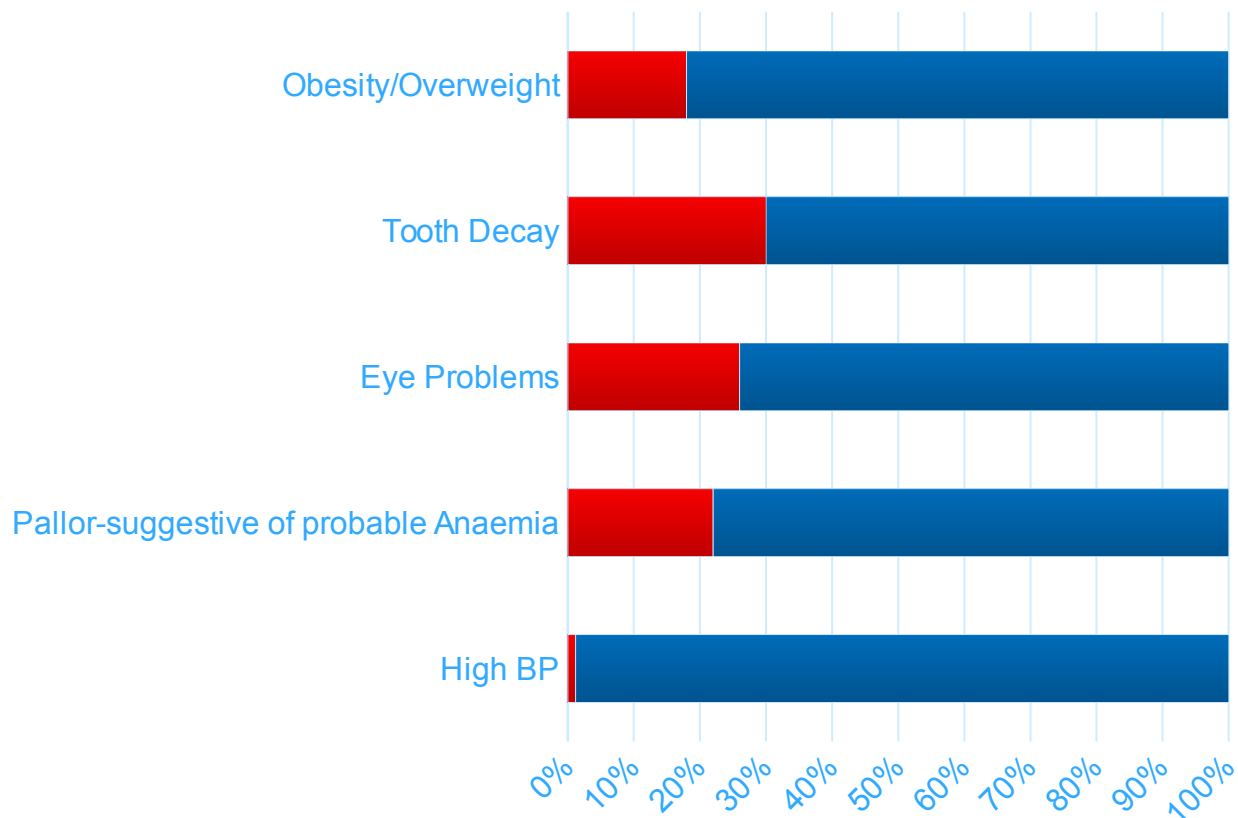


- Total Students screened 5156
- 3 schools 3 locations
- Age range 3 years to 17 years
- Obesity & Overweight 7 % 11 %
- In > 12 year old it is higher [7.2 % & 14.4 %]

Weight-related health status	BMI percentile	No. of subjects	%
Normal	>3 to <85	3406	66%
Under weight	≤3	819	16%
Overweight	≥85 to <95	580	11%
Obese	≥95	351	7%
Total		5156	



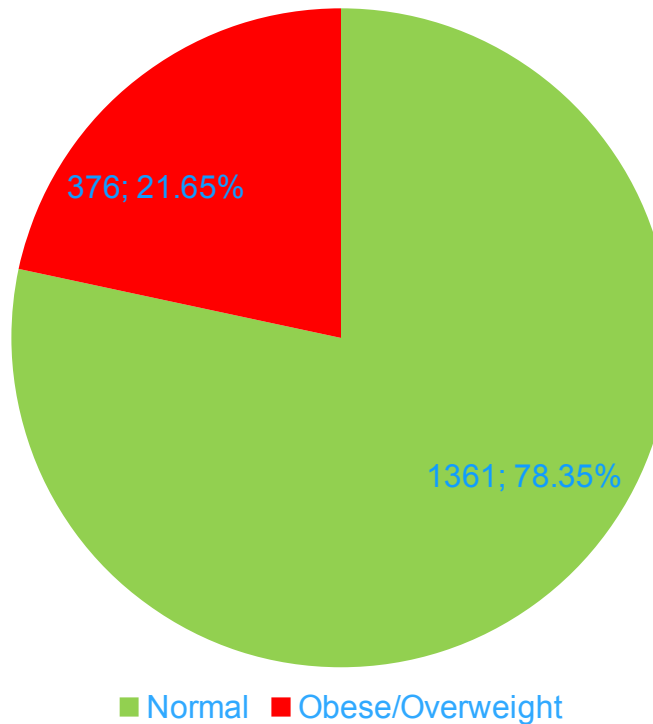
Health Problems in Normal School Children



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Obesity amongst High School Children



Child Life Style 2016/17



- Child Lifestyle Survey is complete
- 584 participants !
- Official Partners'
 - NPS Ypr
 - VSPS
 - Soundarya College



PEOPLE TREE
PAEDIATRICS
A HOSPITAL FOR
EVERY CHILD

CHILD LIFESTYLE SURVEY

2. Demographic Details

This section deals with personal information about the child and family.

1. Child's School Name

* 2. Child's City of Residence

☐ Bengaluru City

☐ Other City

Name of City other than Bengaluru

* 3. Child's Age [Number of years completed]



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- **Kids Nutrition-Today's Challenge**
 - Compulsive media
 - Junk Food- the new Global Brand
 - Busy Mums with no time
 - Finally ...Childhood habits last a life time !
- Children are OVERFED but UNDERNOURISHED

I am a regular Mum like any of you !



The background of the slide is a solid green color with a repeating pattern of stylized human figures. Each figure is composed of a green circle for the head and two curved lines for the arms and legs, all in a lighter shade of green. The figures are arranged in a grid-like pattern, facing forward.

Diet and Requirements

The Science

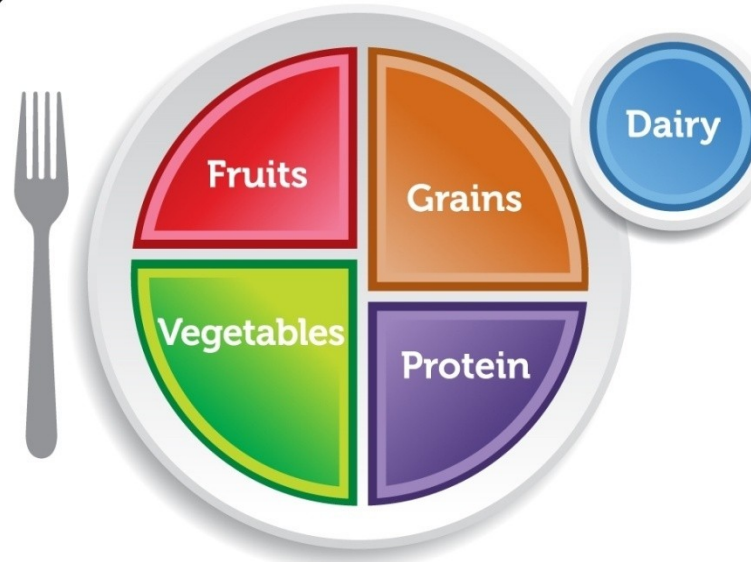
The Pyramid-its old!



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- **Diet Contents-New Concept !**



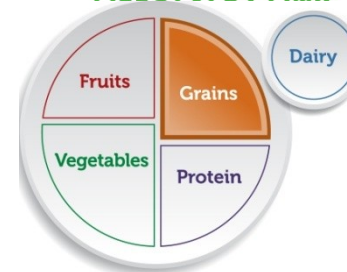
*Adapted from the USDA Center for Nutrition Policy and Promotion's
ChooseMyPlate.gov Web site*



My FIVE on My Plate



KIDSTREE
LIFESTYLE CLINIC



- **I Grains**
 - Main component of the Indian Diet
 - Almost always Refined Grain
 - $\frac{1}{4}$ plate grains;
Keep Half your grains Whole
 - Choose MILLETS- smaller grains-oats, ragi, barley; All Whole



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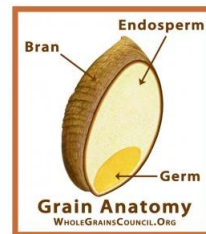
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6" wide



6" wide

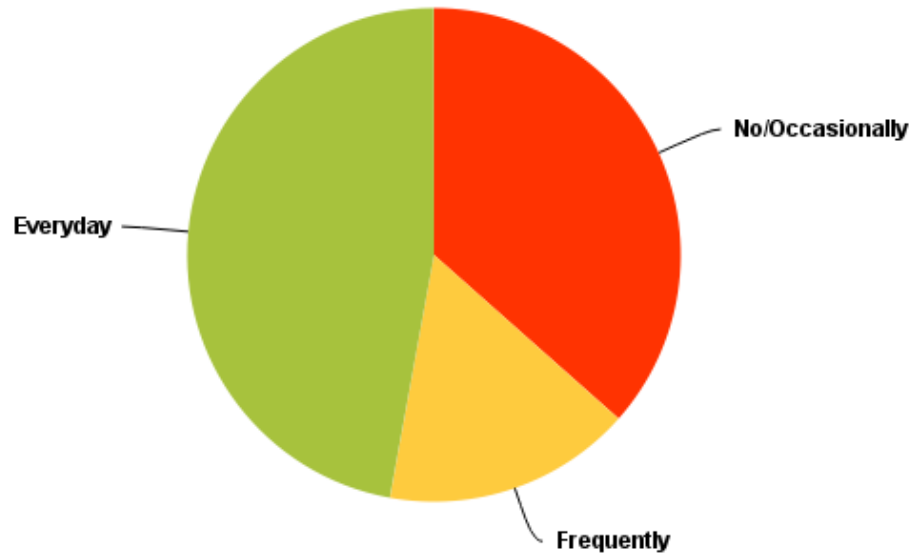


3 5/8" wide

Whole Grains in regular meals

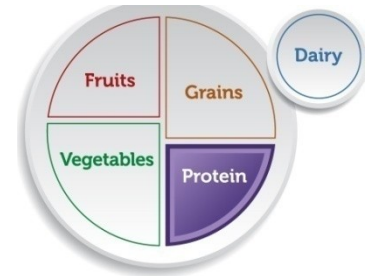


Results from the survey 2016/17



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- **II Protein Group**
 - Dhals, Beans, Soya, nuts and seeds
 - Meats, egg, poultry and fish
- $\frac{1}{4}$ Plate as protein; keep it lean



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Go Lean on Protein..

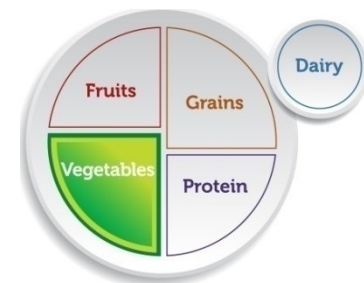


KIDSTREE
LIFESTYLE CLINIC



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III Vegetables

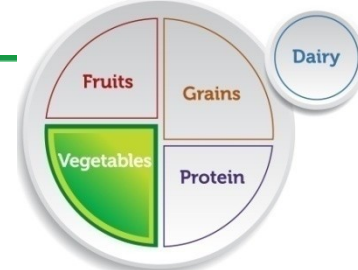
- 5 types- Green, Starchy, Red-orange, Beans, Others
- 1.5 cups----- ☾ 2 cups

Make half your plate fruit and vegetables



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• Vegetable Groups



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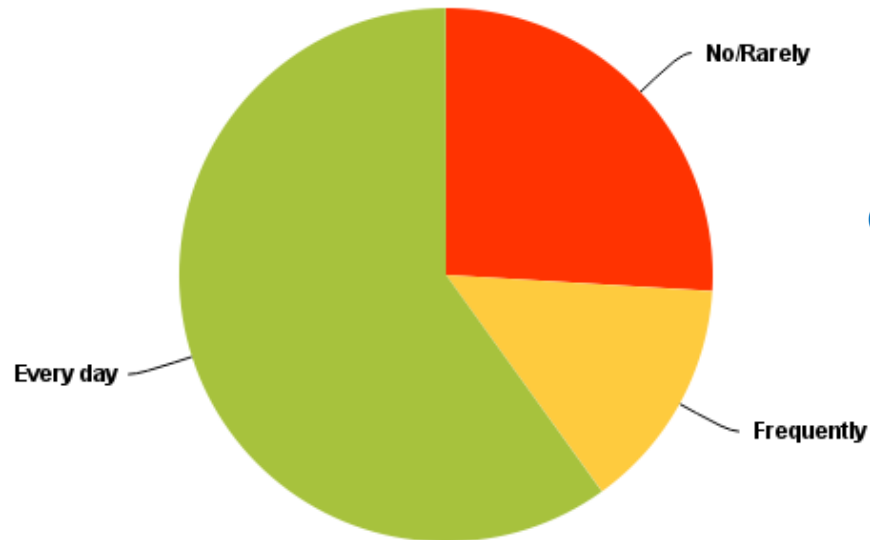
• Getting them to eat Vegetables...!



Regular Vegetable Habits



Results from the survey 2016/17



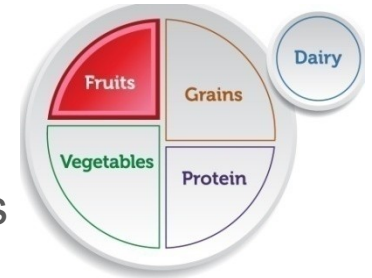
Consumption of Vegetables in a week



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V



- **IV Fruits**
 - High on taste and nutrients
 - 1----- ☾ 1 ½ cups

1 cup= 1 medium apple/orange/banana/ ½ bunch grapes/ ½ cups

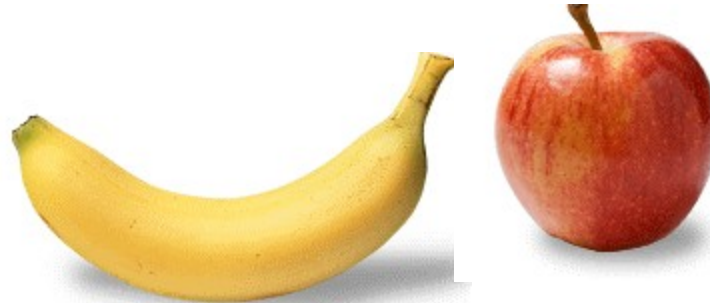
Make half your plate fruits and vegetables



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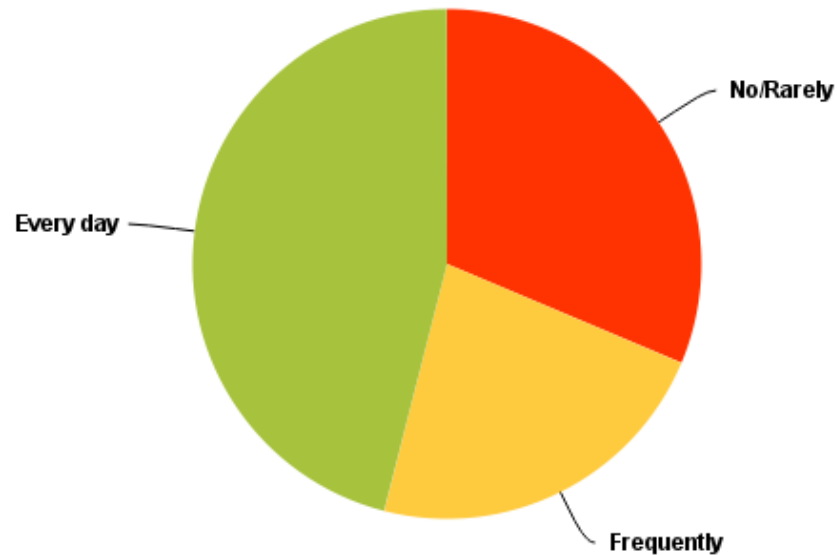
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- Getting them to eat fruits their way



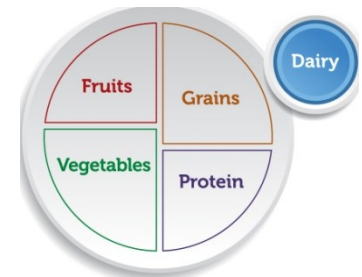
Regular Fruit habits

Results from the survey 2016/17



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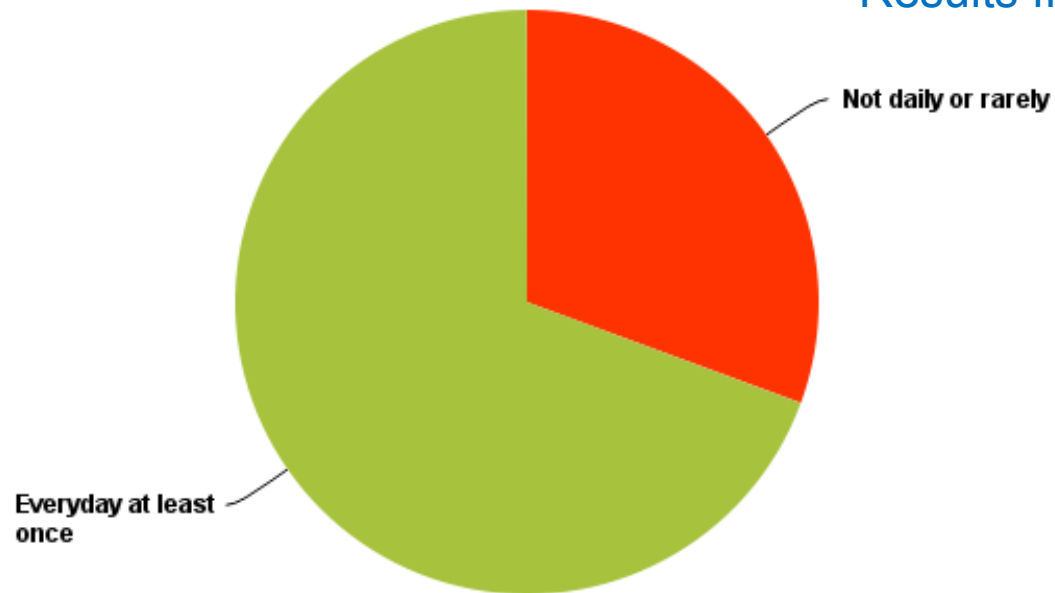
• V Dairy

- All milk and milk products retaining their calcium
- Milk, cheese, curd, khoa, paneer, enriched soy milk NOT butter, cream,
- 2cups----- ☾ 2 ½ cups
- 1 cup=240 mls/2 slices hard cheese/ 1 cup curd/ 2 cups paneer

Use fresh Curds Everyday

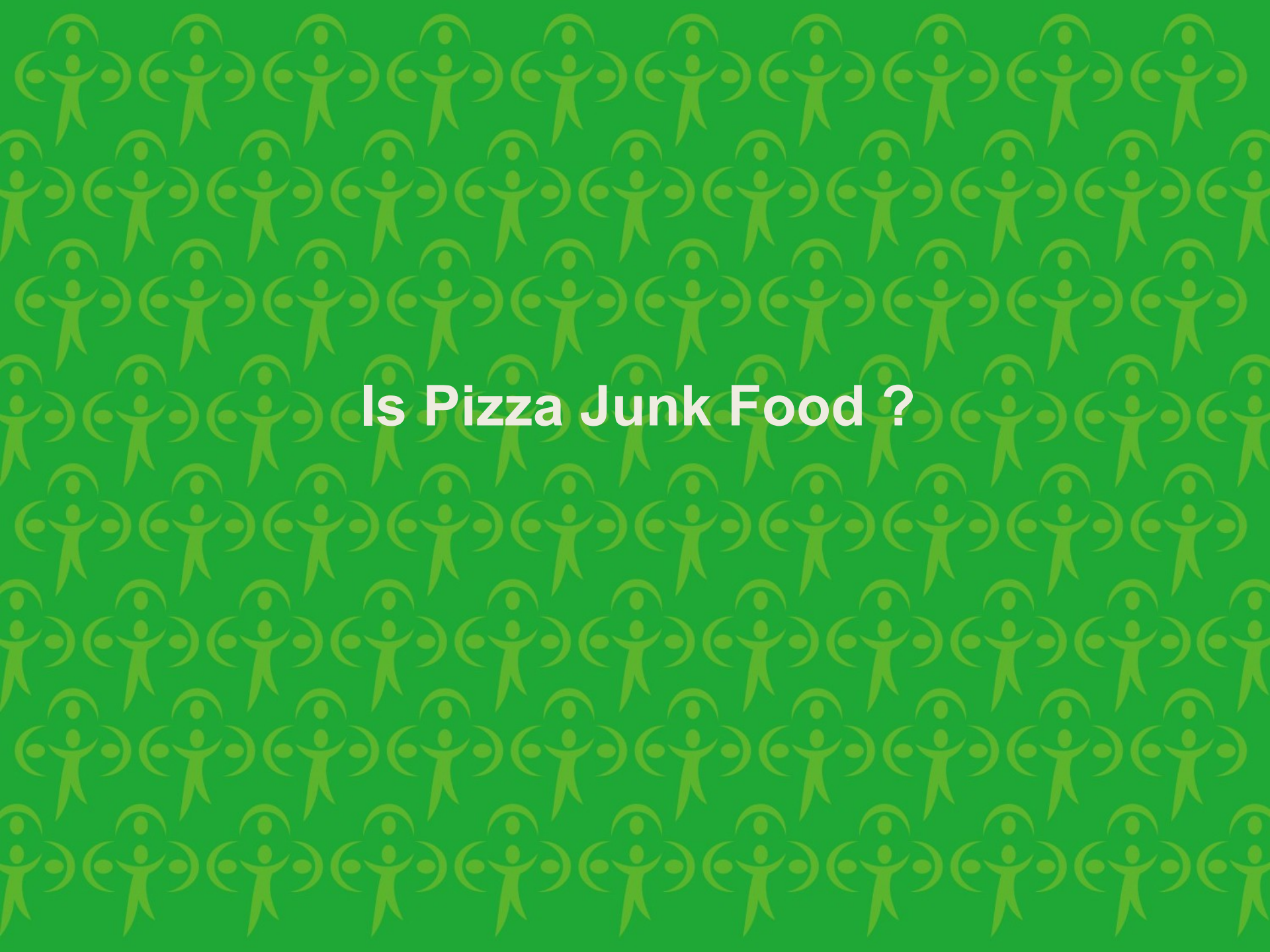
Dairy Habits per day

Results from the survey 2016/17



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Is Pizza Junk Food ?

Good Food will have.....

- Fibre
- Vitamins
- Minerals
- Calories



Junk Food



KIDSTREE
LIFESTYLE CLINIC

- Lots of calories but no fibre, vitamins, minerals
- Major calories from from =Solid Fats and Added sugars Salt/preservatives= SoFaSS
- Very tasty and don't make you full
- Butter ghee cream Ketchup sugar syrup Chips, sauce, fries, sweets chocolates pickles



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Junk Food

- No Fibre
- No Vitamins
- No Minerals
- Lots of calories from SoFaSS





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LIFESTYLE CLINIC

So...

- Any food can be made Junk by adding SoFaaS
- Deep Frying, sugar coating, breading and frying,
- Likewise we can remove junk out of most foods by removing SoFaaS
- Naturally tasting fruit drinks, bake potato, roast or steam poultry fish

Its all about making your calories count...



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If we keep eating junk food...



- **Micronutrient deficiencies** -Anaemia, Vit D Def
Increase Allergy; -poor immunity, constipation,
Early Puberty
- **Adult Onset Diseases**
- **Metabolic Syndrome** [Obesity;CHD, Diabetes,]

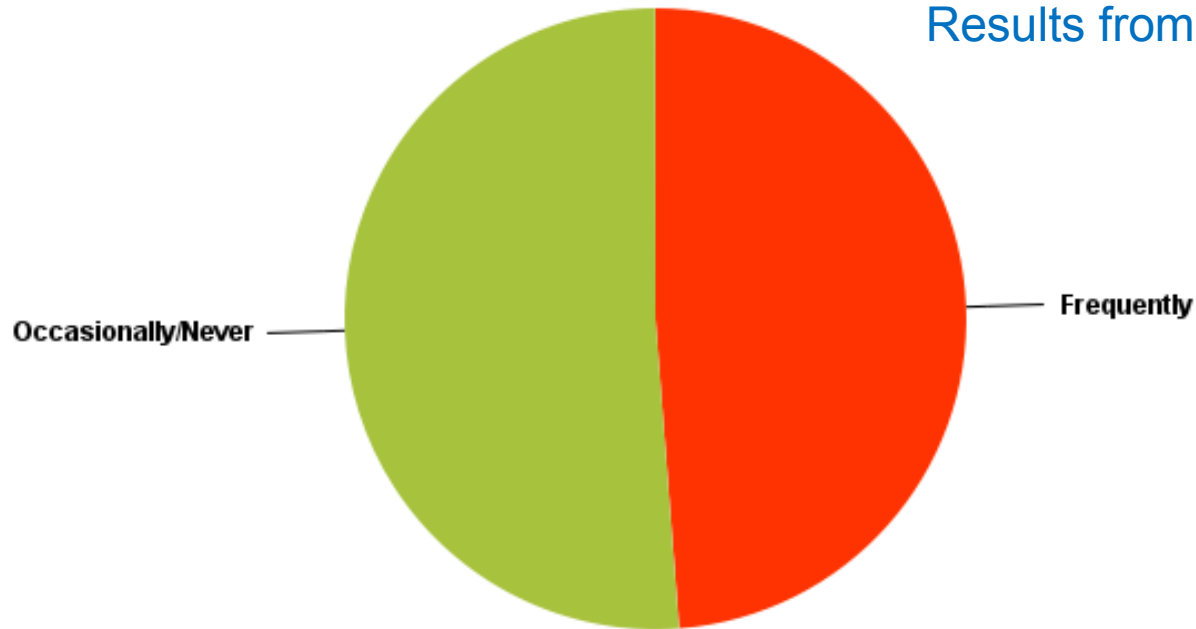


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Snack with Junk Food per day

Results from the survey 2016/17

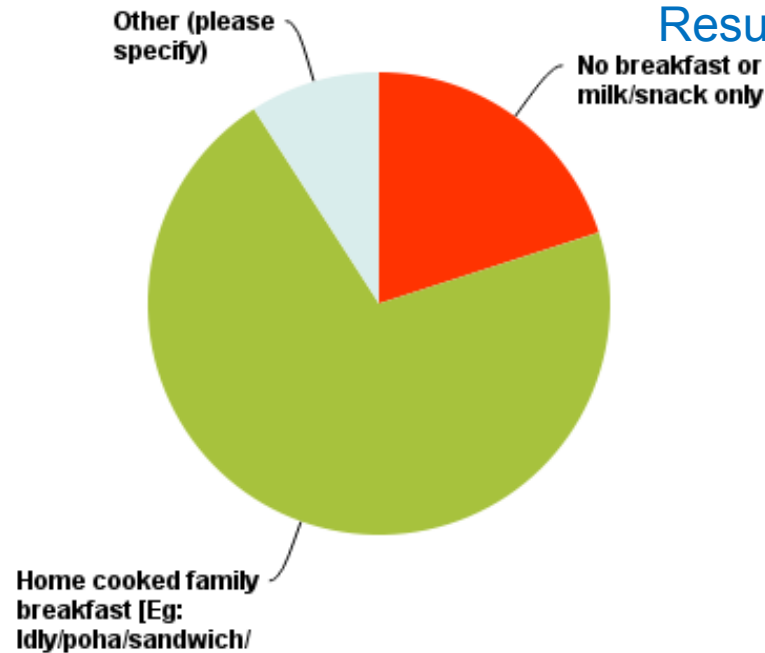


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Breakfast Habits

Results from the survey 2016/17



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To sum up...

- Let each meal have all the 5 components
- Quarter grains Quarter Proteins
- Eat lots of whole grains
- Make half plate as fruit and vegetables
- Take Dairy everyday
- Remember SoFaSS = Junk Food



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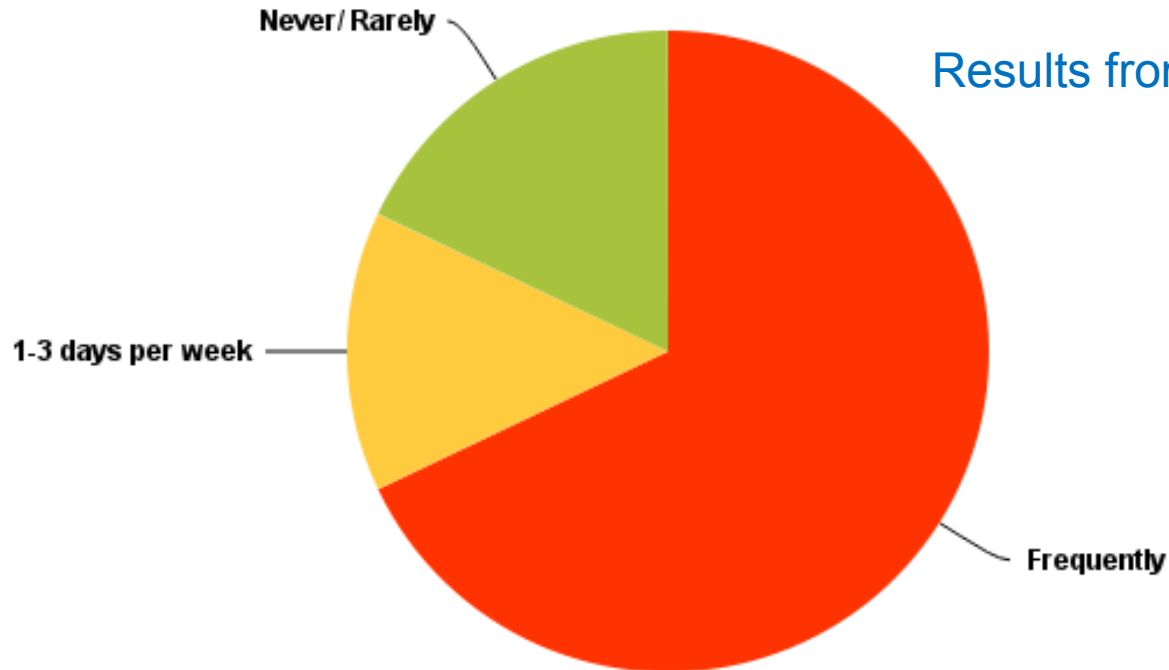
- Only changing the diet wont work....

How to eat ?



Eating in front of the screen

Results from the survey 2016/17



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What to play !



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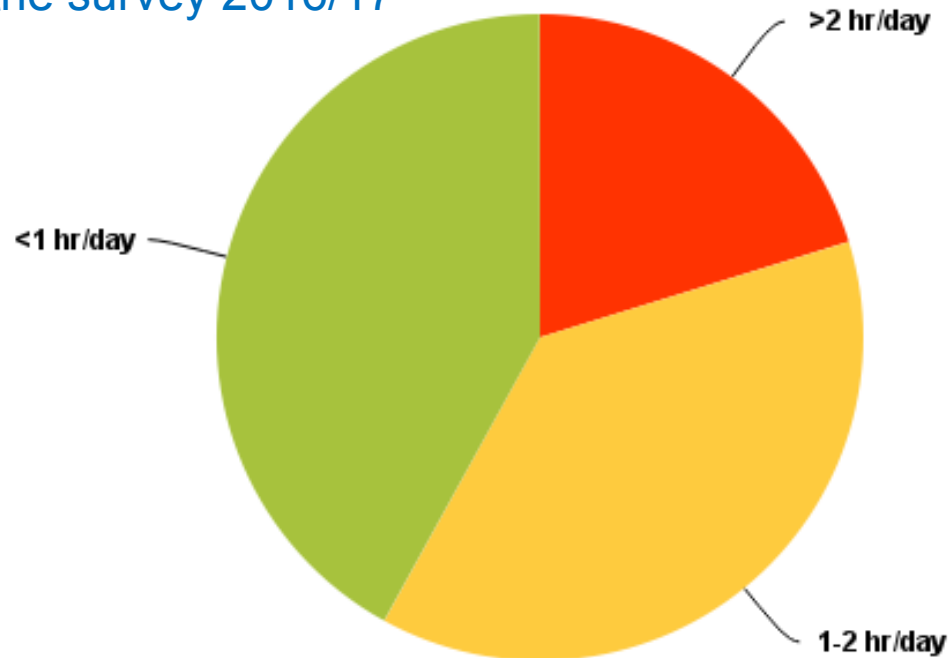
Screen Time



- Screen time = Lazy Lifestyle & poor food choices
= Overweight/obesity.
- 1 to 2 hours per day

Daily Screen Time

Results from the survey 2016/17



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Adequate Sleep



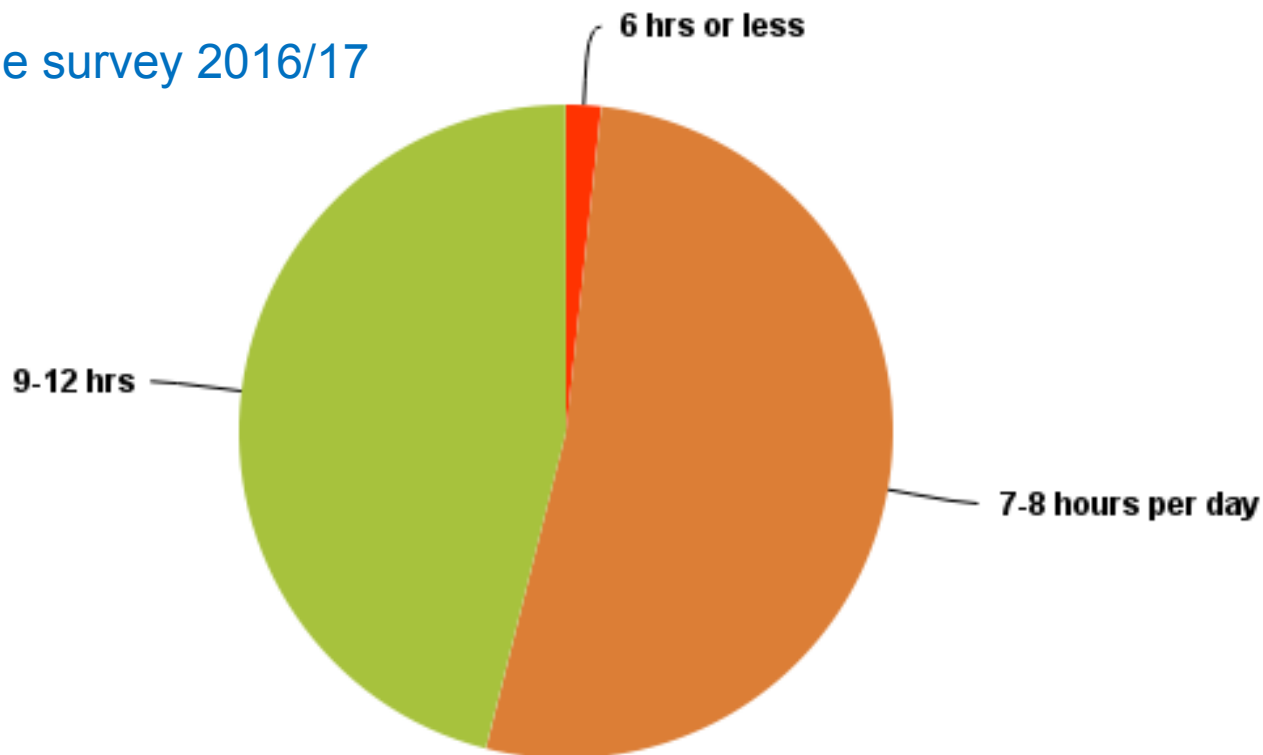
- Lack of sleep strong correlation to Obesity especially in School Age
- Too less sleep is also linked to growth faltering, behavioural problems and hyper activity
- Recommended sleep hours-

Age	Sleep Hours
Less than 1 year	12-16 hours
2-3 years	11-14 hours
4- 5 years	10-13 hours
5- 12 years	9-12 hours
Teens	8-10 hours

Sleep Habits



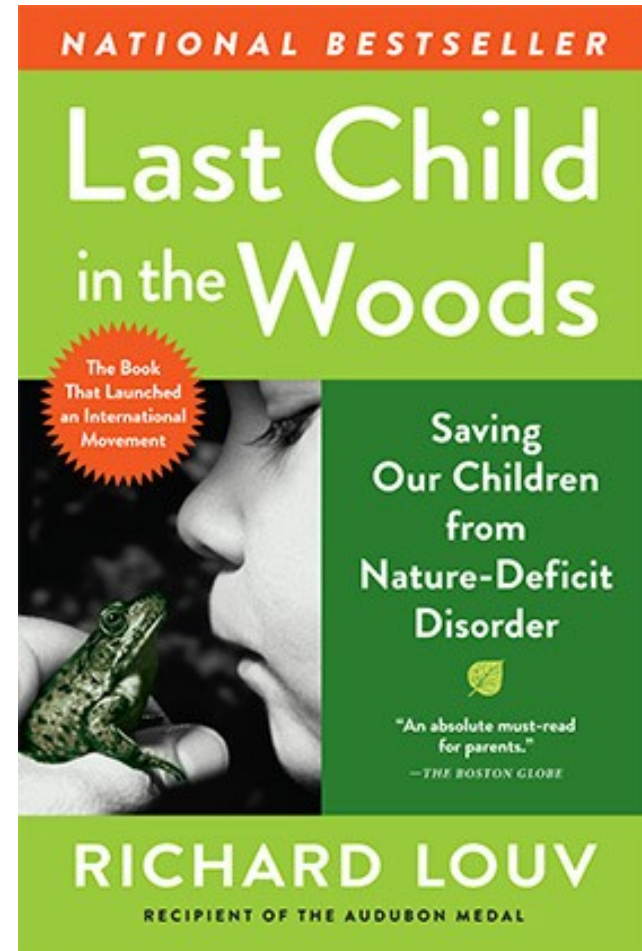
Results from the survey 2016/17



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Nature Deficit Disorder



Vitamin N Deficiency



Less than 1 year WHO recommendations

PHYSICAL ACTIVITY



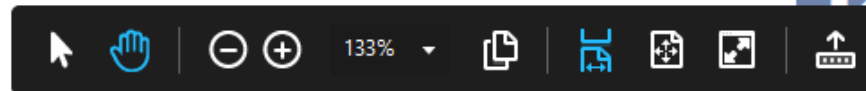
SEDENTARY SCREEN TIME



GOOD QUALITY SLEEP



12-16 hours
(4-11 months of age)



2- 3 years recommendations

PHYSICAL ACTIVITY



SEDENTARY SCREEN TIME



GOOD QUALITY SLEEP



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3 – 4 years recommendations



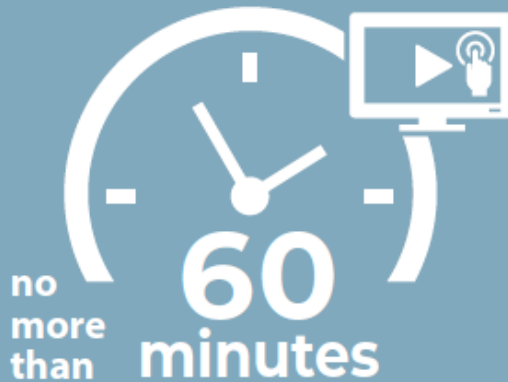
PHYSICAL ACTIVITY



at least **180** minutes

of which
at least **60** minutes
moderate to vigorous

SEDENTARY SCREEN TIME



no
more
than **60** minutes

GOOD QUALITY SLEEP



10-13
hours

Executive summary



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References



Project no. 016181

IDEFICS

Identification and prevention of Dietary- and lifestyle-induced health Effects in
Children and infantS

Global School-based Student Health Survey (GSHS)

2006 India, Central Board
of Secondary Education
(CBSE)

GSHS Questionnaire

Impact of 20 Week Lifestyle Intervention
Package on Anthropometric Biochemical
and Behavioral Characteristics of
Schoolchildren in North India

Article in Journal of Tropical Pediatrics · April 2016

Impact Factor: 1.26 · DOI: 10.1093/tropej/fmw020





- Lifestyle modifications is the best vaccination against non infectious diseases

Life Style Score- SURVEY



- **10 questions**, Best score is **100 %** when all recommendations followed.

- Food **EAT**
 - Vegetables/fruit, family meal, junk, processed food,

- Play Time **PLAY**

- Screen Time
- ## Average Score is only 70 %

- Family Time **CONNECT**
- Nature Time- Vitamin N
- Sleep Time

Survey Link



- <https://www.surveymonkey.com/r/KidsTreeLifeStyle>

Life Style Score Survey Results



Total Number of Responses **383**

GREEN colour shows % following the recommendations

RED colour shows % against the recommendations

Recommendations based on below guidelines

WHO 2019 guidelines on Play Sleep & Screen time recommendations for children under five

American Academy of Pediatrics recommendations on Screen time Sleep & Play

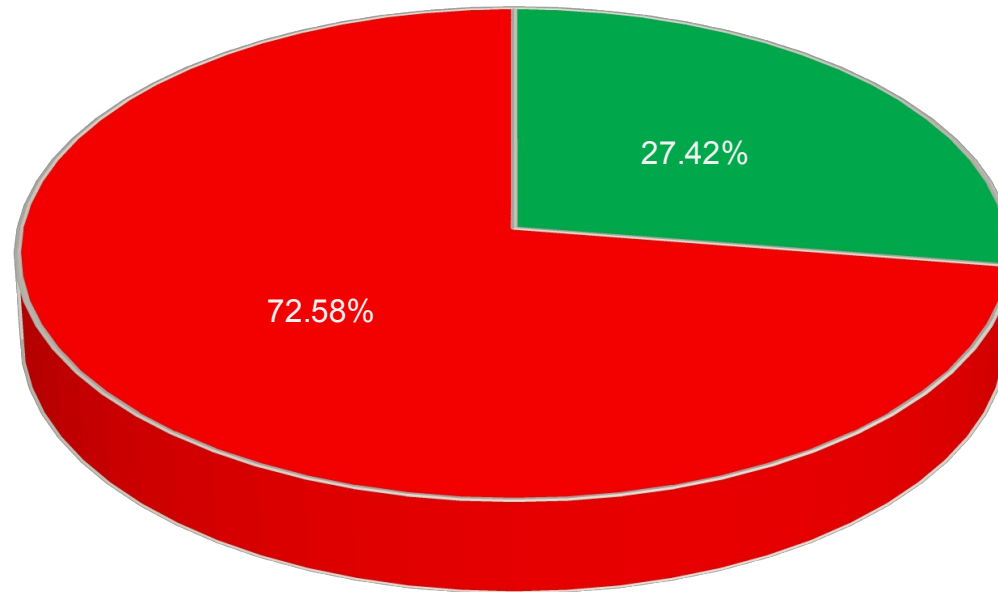
Choose My Plate- nutrition guide published by the USDA Center for Nutrition Policy and Promotion

Adequate Nature Exposure-Vitamin “N”



Vitamin N

■ >60 mins Daily ■ Less than recommended



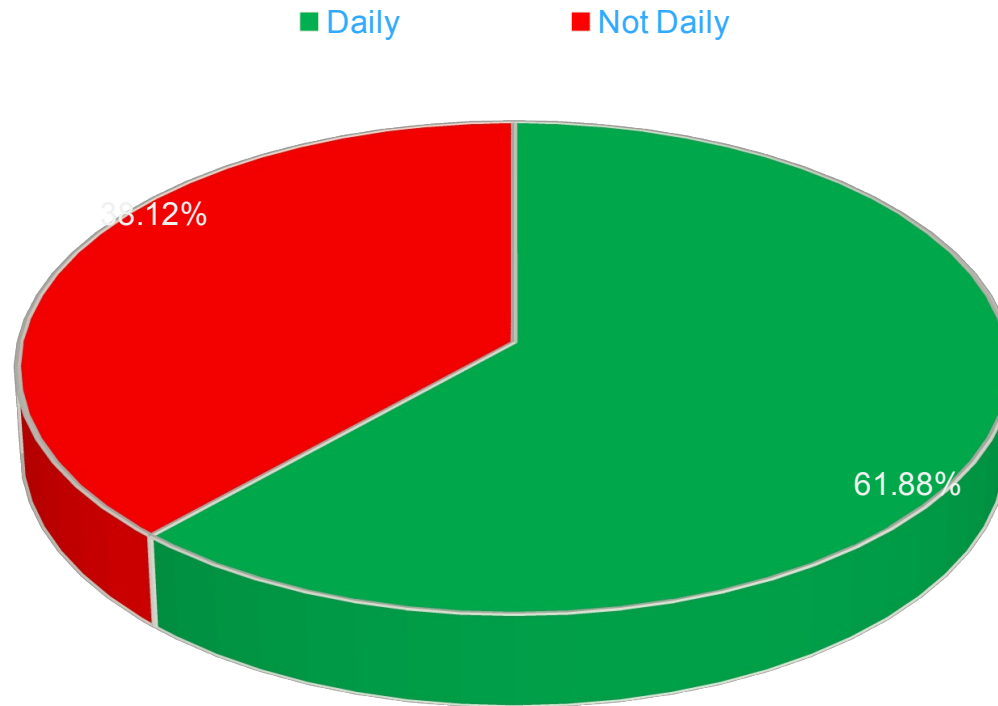
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Adequate Family time



Family Time



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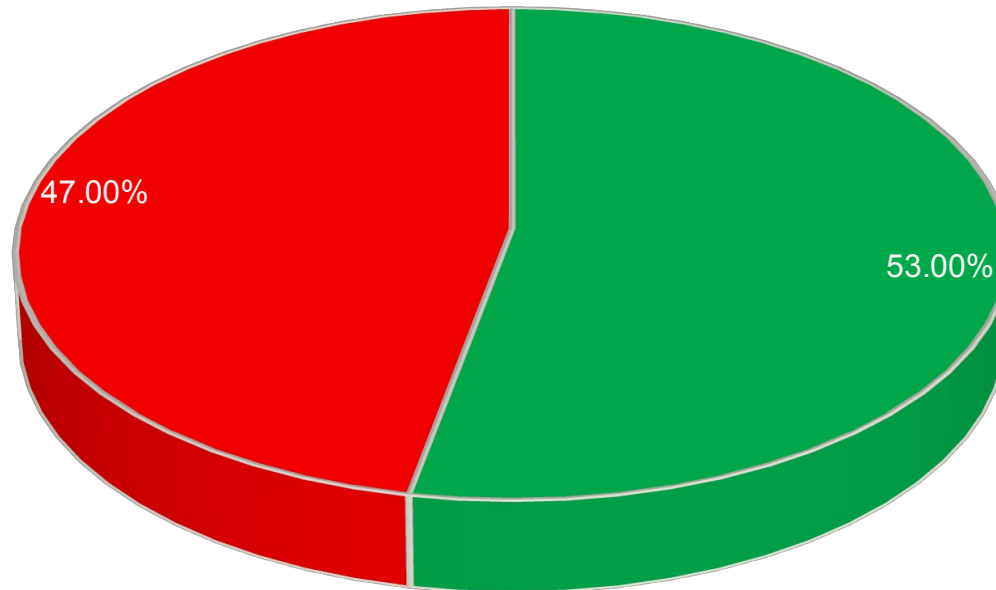
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Adequate Veggies & Fruits



Fruits Veggies

■ Daily ■ Not Daily



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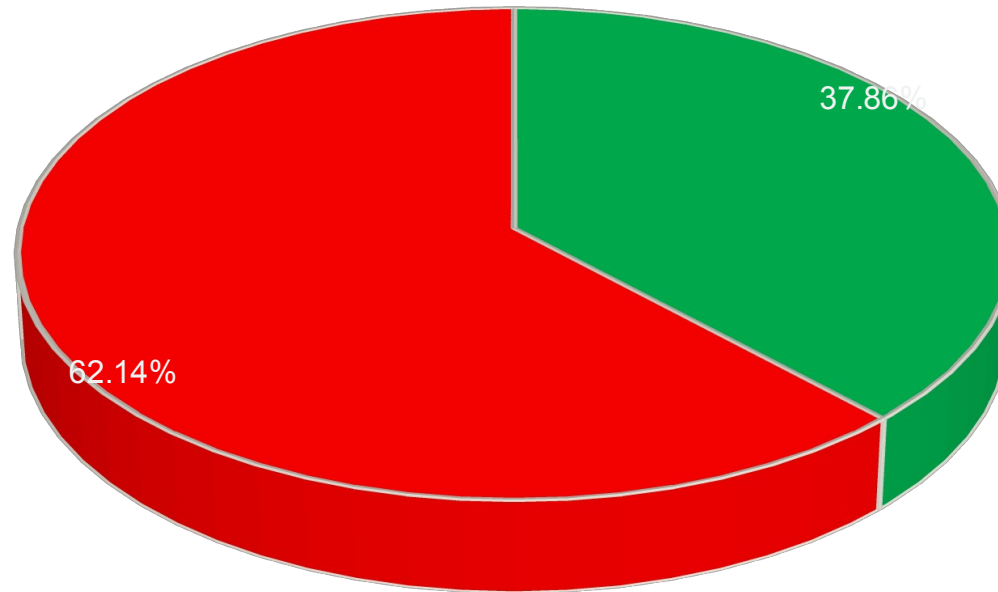
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Adequate Family Meal Time

Family Meal Time

■ Daily

■ Not Daily



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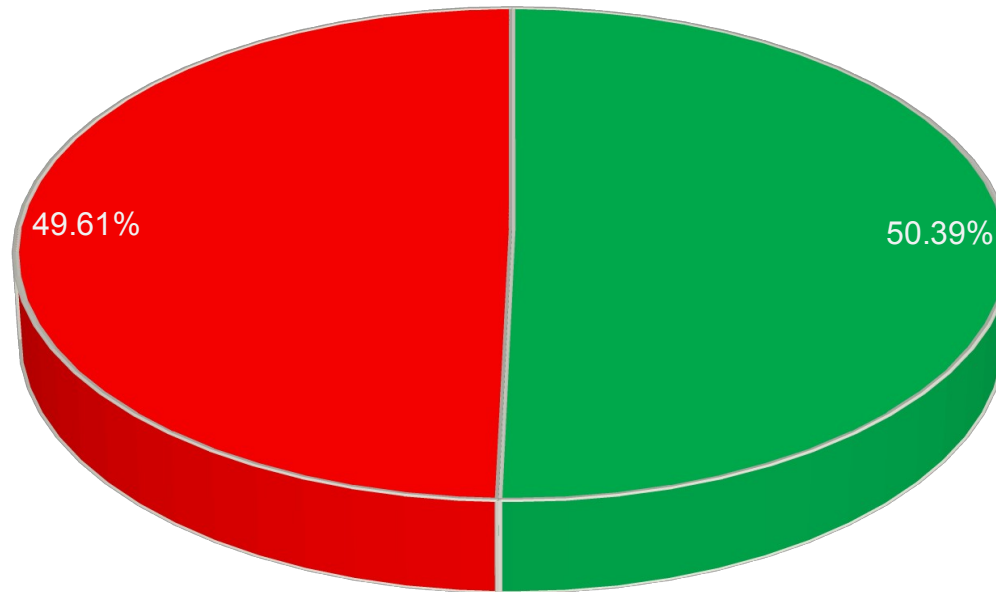
Limited Junk Food



Junk Food

■ Rarely

■ Frequently



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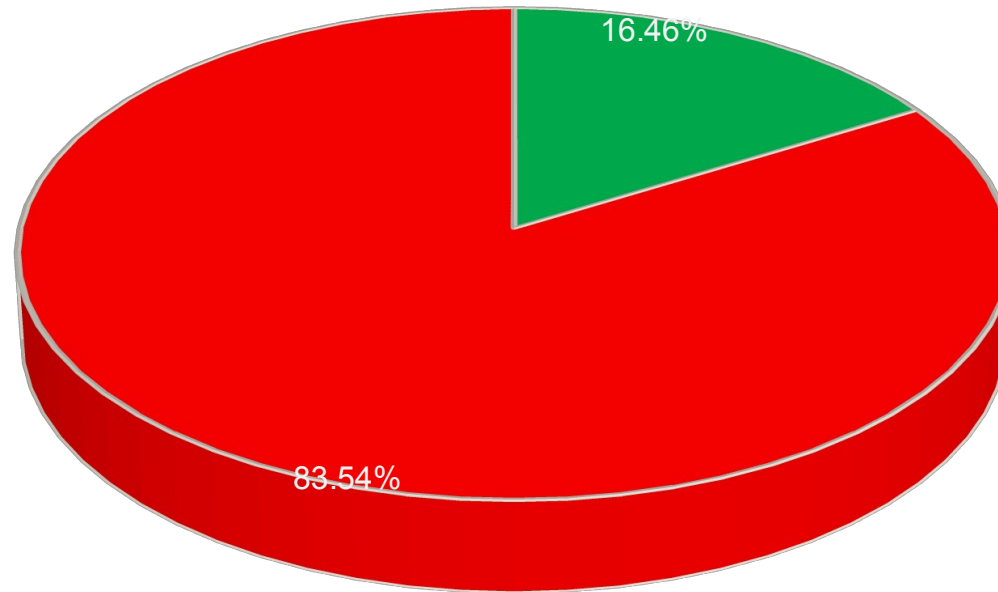
1-PreSchool- Play Time



Vigorous-Play

■ Daily >2hr

■ <2hr daily



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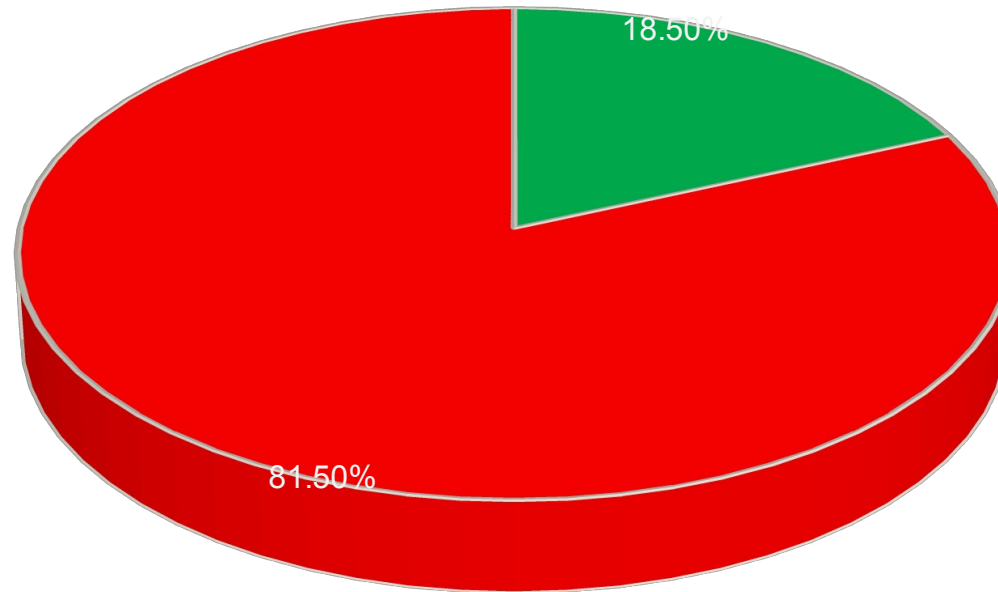
1-PreSchool-Screen time



Screen Time

■ Rarely

■ Too much



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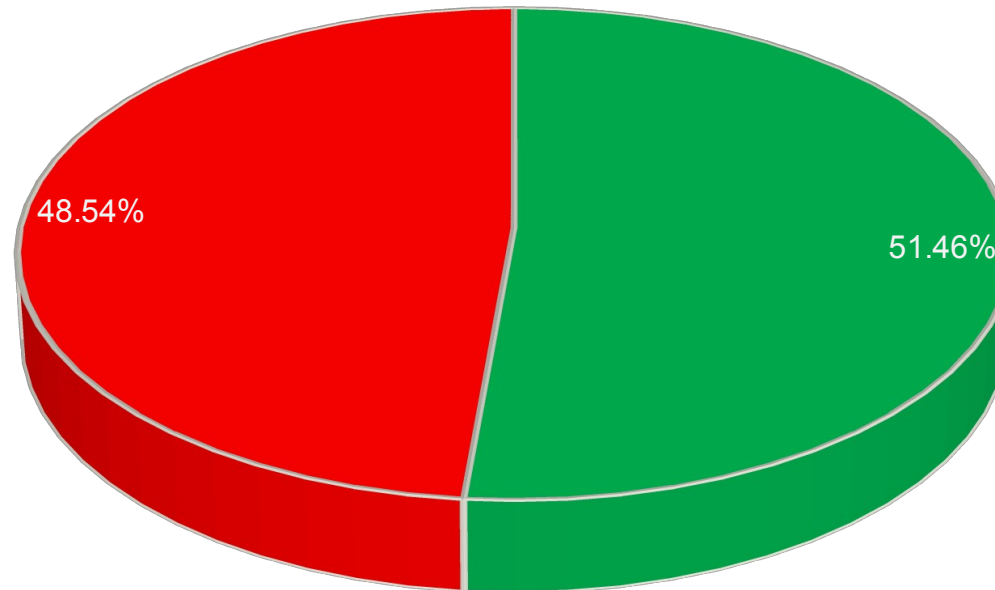
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1-PreSchool-Screen time affecting healthy behaviour



Screen Time

■ Does Not Affect ■ Affects



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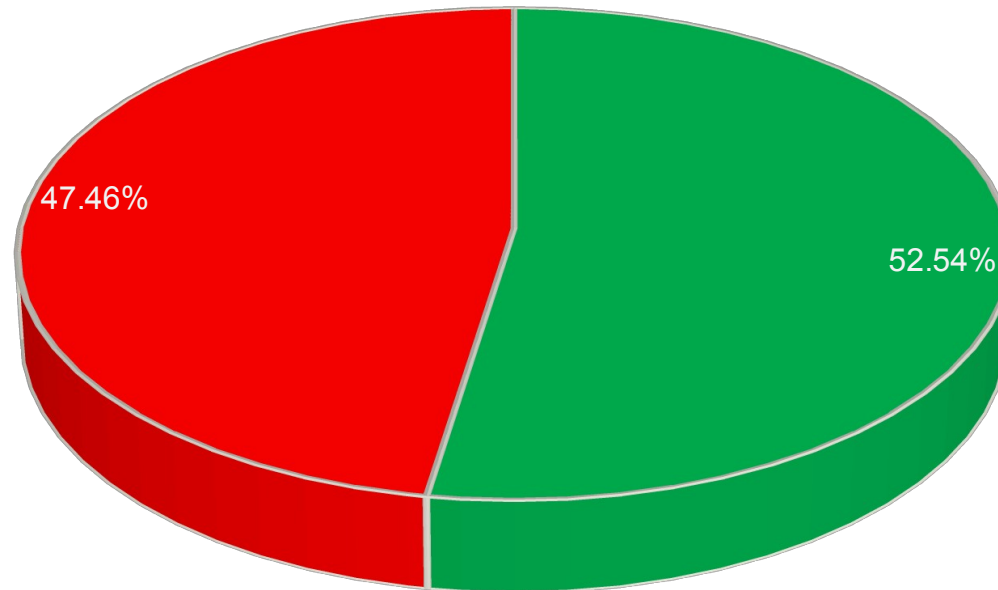
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1-PreSchool- Adequate Sleep

Sleep

■ Adequate

■ Inadequate



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LIFESTYLE CLINIC

**India's First
Lifestyle Clinic
for Kids**



Healthy Happy ME

Overweight &
Obesity

Vitamin
Deficiencies

Sleeps at
Midnight

Mall Food
Junkie

High BP

Salt n Sugar
Junkie

Constipation

Hyperactive

Can't eat
without watching
YouTube

No Breakfast
only milk

TV
Addict

Anaemia

Digital
Addict

Fussy
Eater

Speech
Delay

Always
Video
Gaming

Stuck to
Screen

Watch Screen
to sleep

PAEDIATRICIAN
ENDOCRINOLOGIST
YOGA THERAPIST

DIETITIAN
DENTIST
PHYSIOTHERAPIST
PSYCHOLOGIST



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Touch • Move • Inspire

Healthy Life Style Choices



- Play outdoors for at least 1 hour
- Maximum 1 hour of Screen time
- Remember 5 things on your plate
- Family Meal time
- No eating in front of TV
- No TV in the bed room
- Avoid culture of eating out while going out



EAT . PLAY . CONNECT
the right way !

Thank you

So Lets.



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HOSPITAL FOR EVERY CHILD



*Magic Formula
for a Healthy Mind
in a Healthy Body*

1^{Hour} Sports Time
Be Physically Active
Enjoy at least **1 HOUR**
of outdoor sport everyday

2^{Hours} Screen Time
Limit your screen time to
Less Than **2 HOURS** a day -
this includes TV, Computer,
Mobiles, iPads etc

My 5 on my Plate
Half plate of Fruit & Veggies;
Quarter of Grains and
Quarter of Proteins with Dairy
makes **5 on My Plate**

Say Hi to
PARKS and
Bye to
Malls

SLEEP TIME is 10 hours
Eating time is a NO screen time

Say Bye to Junk Food
Junk Food = **SoFaSS** = Solid Fats
added Sugar Salt & Preservatives

Never break from breakfast
Eat with your family and
NOT with the TV

* Evidence based recommendations from [1] IDEFICS: a multicenter European project on identification and prevention of Dietary- and lifestyle-induced health Effects in Children and Infants-2006/2012. [2] U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC. MyPlate. <http://www.choosemyplate.gov/MyPlate>. Accessed Nov 10 2015.

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Tumkur Road | Yelahanka Satellite Town | Hanumanthnagar | Hennur Junction
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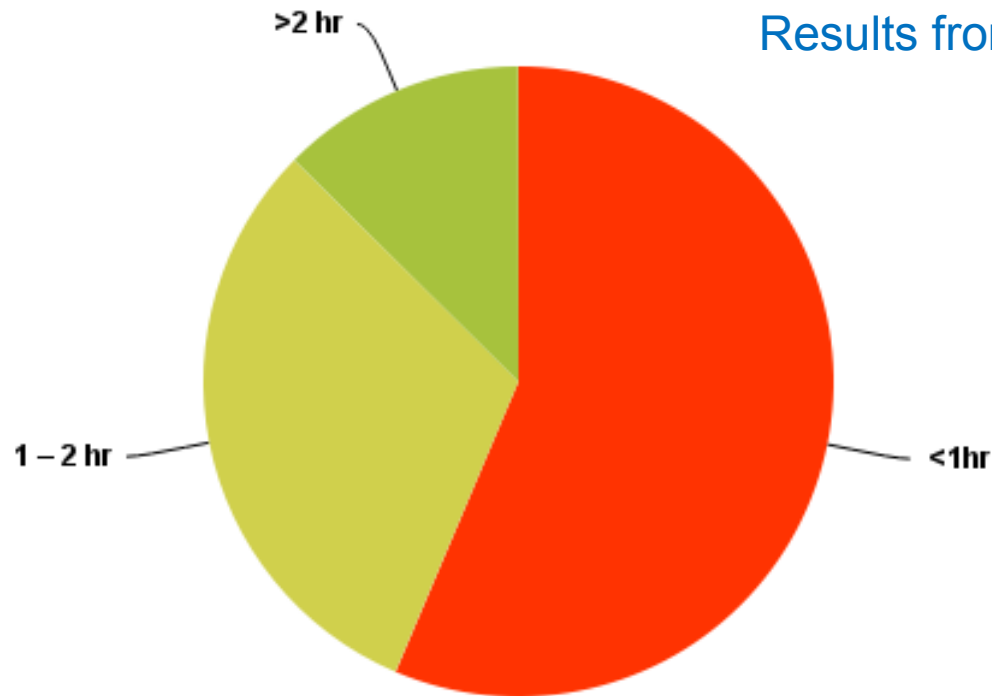
Activity



- Minimum of 1 hour for school age
- Less physical activity= Overweight and Obesity

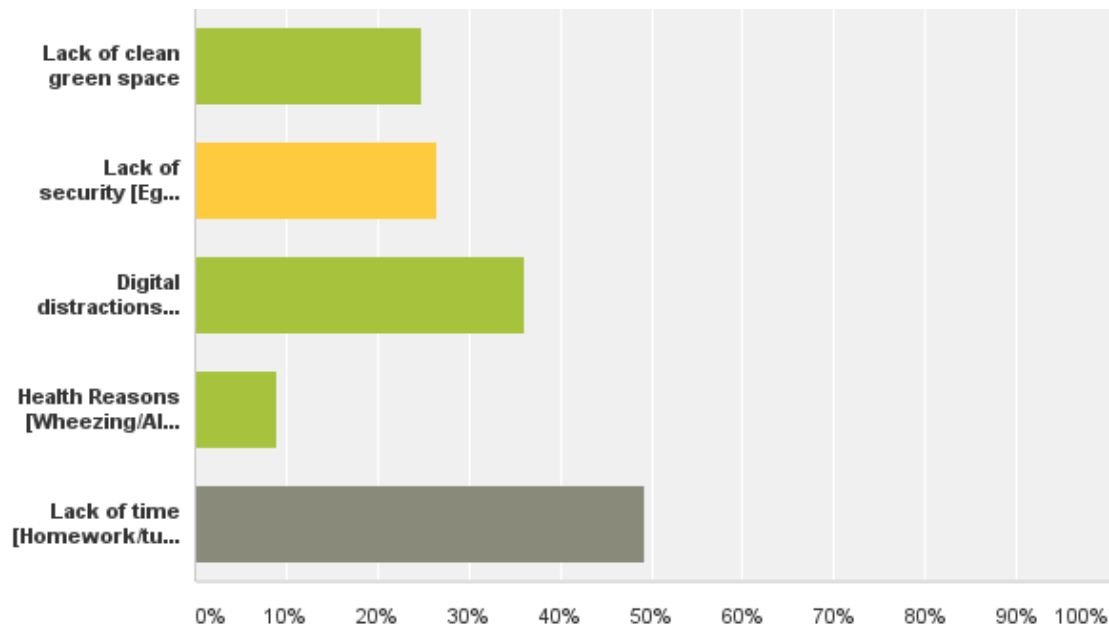
Daily Active Play time

Results from the survey 2016/17



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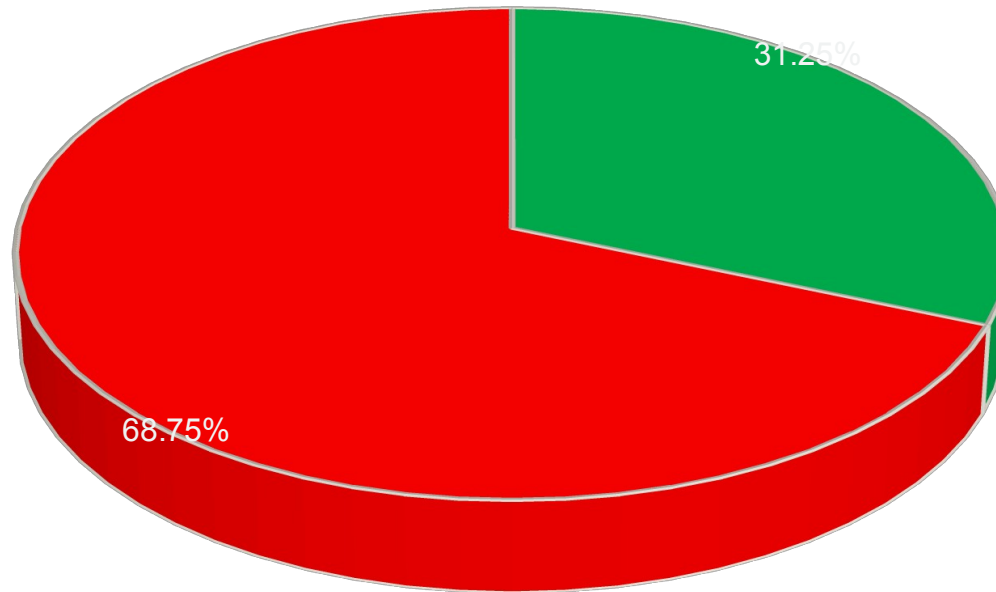
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2-School Child- Play Time



Vigorous-Play

■ Daily >2hr ■ <2hr daily



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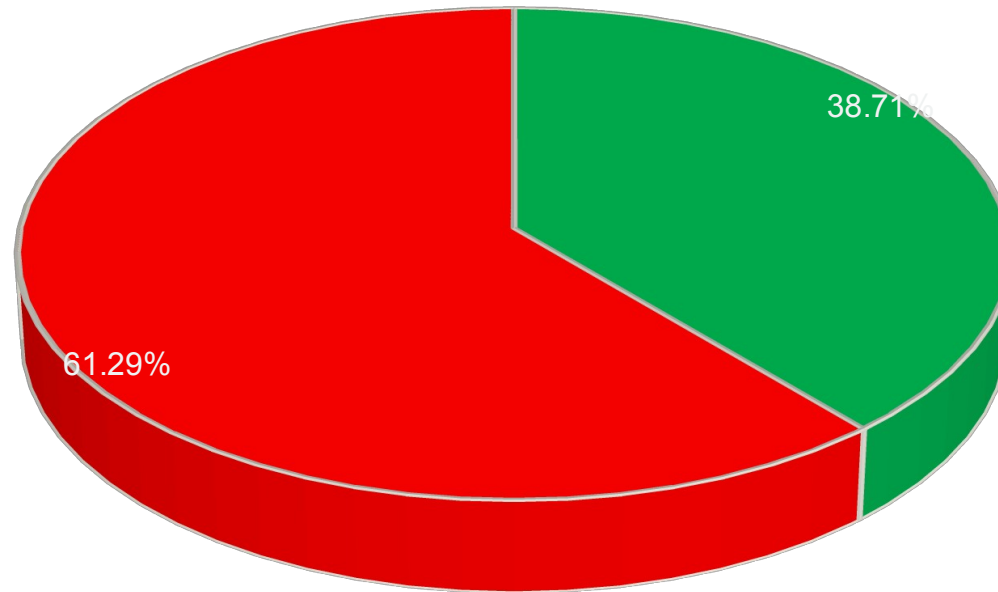
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2-School Child-Screen time



Screen Time

■ Rarely ■ Too much



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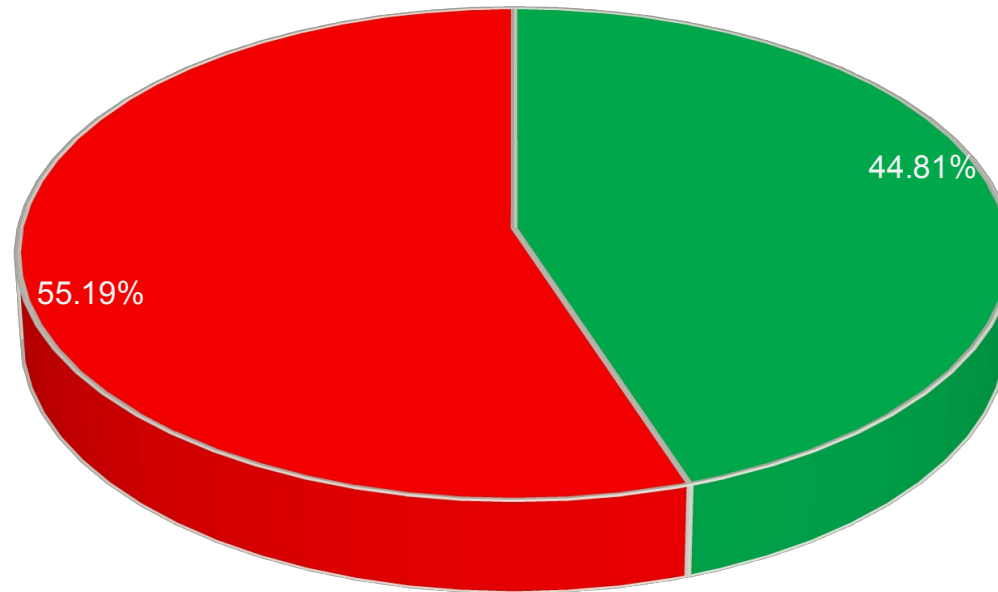
Playgroup | Nursery | L.K.G | U.K.G

2-School Child-Screen time affecting healthy behaviour



Screen Time

■ Does Not Affect ■ Affects



Tiny Toes
Academy

Playgroup | Nursery | L.K.G | U.K.G

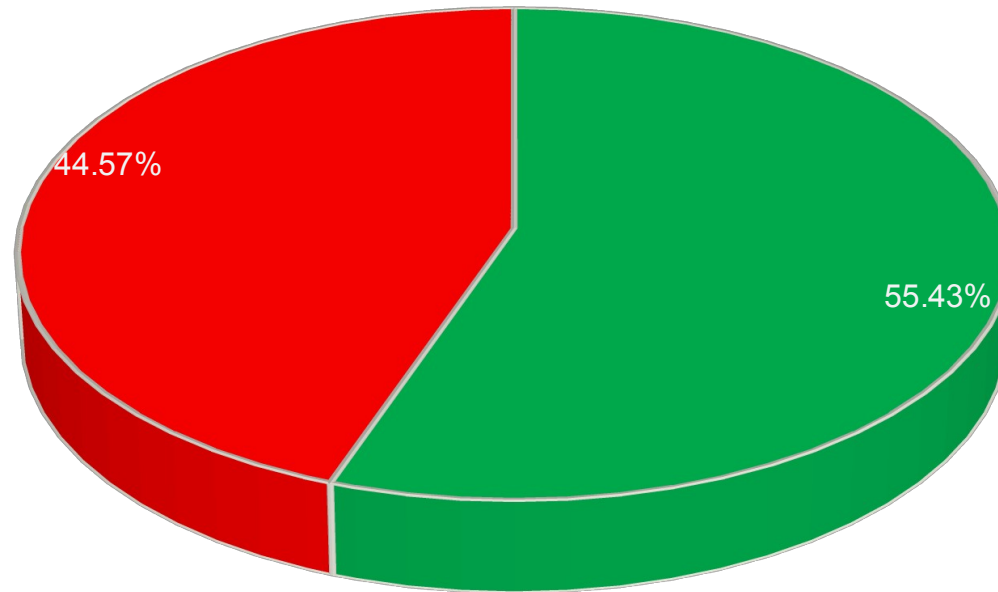
2-School Child- Adequate Sleep



Sleep

■ Adequate

■ Inadequate



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Playgroup | Nursery | L.K.G | U.K.G

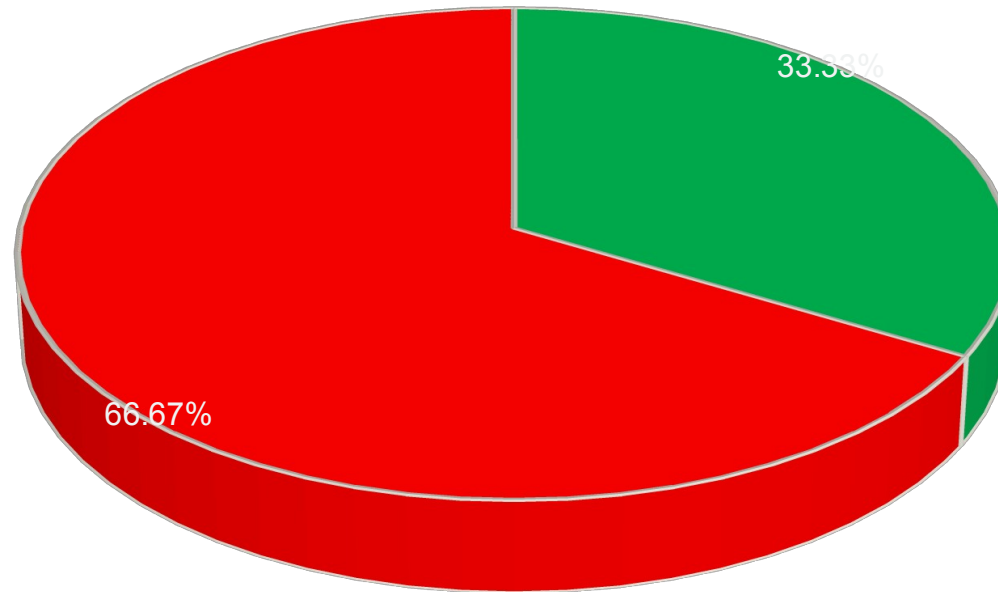
3-Teenager- Play Time



Vigorous-Play

■ Daily >2hr

■ <2hr daily



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Playgroup | Nursery | L.K.G | U.K.G

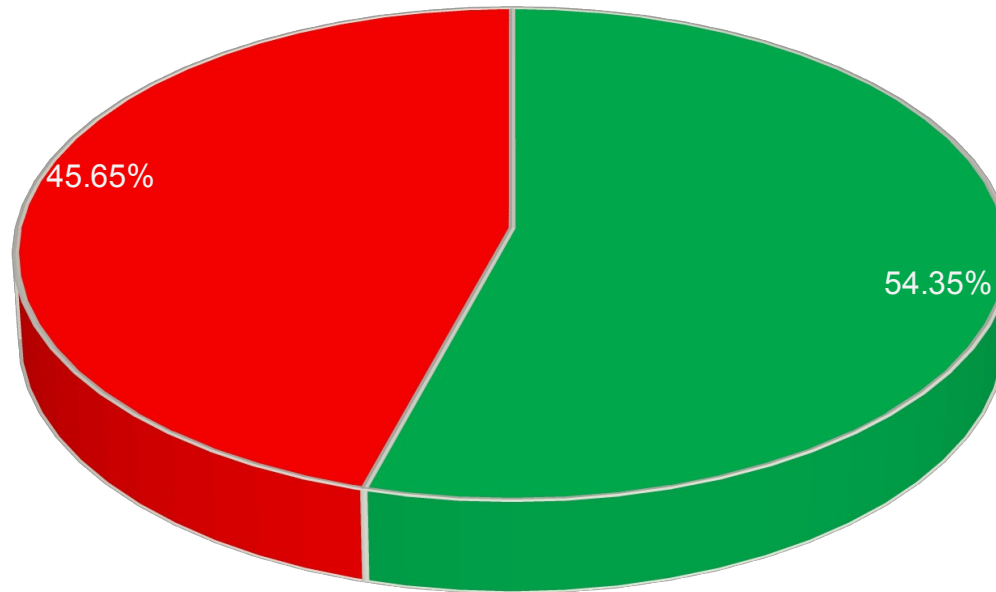
3-Teenager-Screen time



Screen Time

■ Rarely

■ Too much



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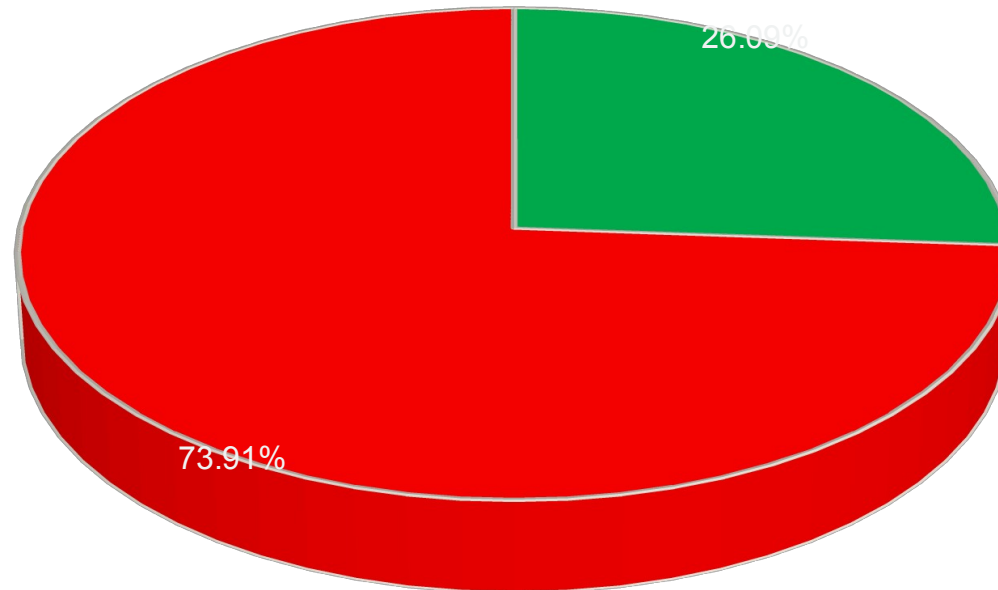
Playgroup | Nursery | L.K.G | U.K.G

3-Teenager-Screen time affecting healthy behaviour



Screen Time

■ Does Not Affect ■ Affects



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Playgroup | Nursery | L.K.G | U.K.G

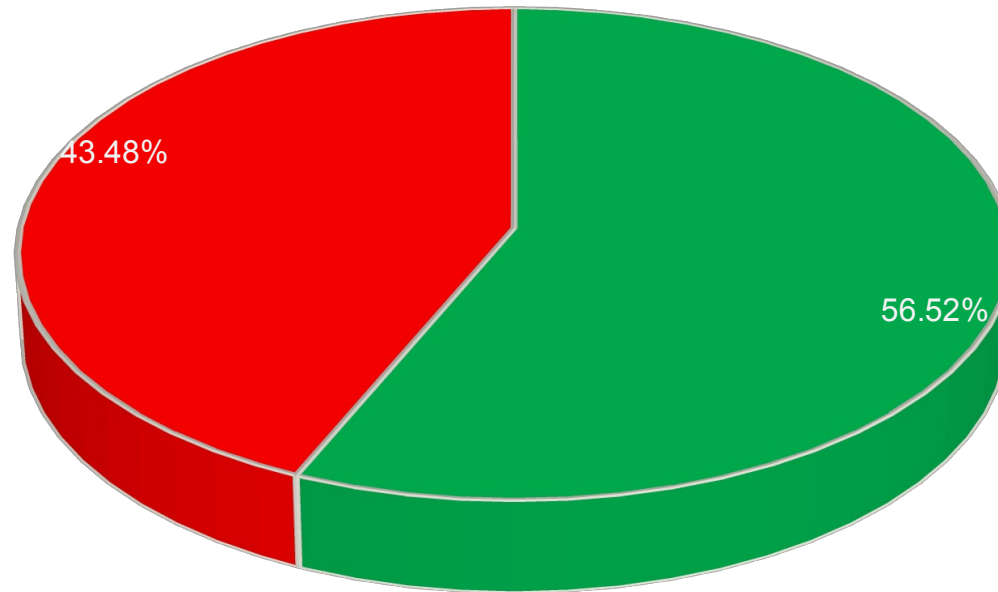
3-Teenager- Adequate Sleep



Sleep

■ Adequate

■ Inadequate



Tiny Toes
Academy

Playgroup | Nursery | L.K.G | U.K.G

Eat Healthy...Be Happy...