

4th International Conference and Exhibition on **Nutrition**

October 26-28, 2015 Chicago, Illinois, USA

The nutritional impact of failing to recognise childhood obesity: Lessons to learn

Alison Burton Shepherd
De Montfort University, UK

The early years of a child's life are critical for their health and wellbeing not only in the present day but also for later on in their lives. Obesity in young children is deemed as one of the most serious public health issues in the 21st Century. Research suggests that the prevalence of childhood obesity has increased significantly in recent years and more of concern is that many parents are not able to recognise when their child is overweight or obese. Evidence is now emerging which proposes that the causes of obesity are different depending upon the age of the child, which it is suggested could have significant implications for future healthcare. The aim of this presentation is to identify the barriers associated with the recognition of childhood obesity and suggest practical measures in which nurses may be able to work with parents in order to increase parental knowledge and perception of both overweight and obesity in an attempt to address this public health concern.

Biography

Alison Burton Shepherd is a Senior Lecturer in Adult Nursing at De Montfort University, UK. In 2010, she became a Queens Nurse, which is an award given for excellence in Nursing Care within the Community Setting. She works as an Advanced Nurse Practitioner and she is an Independent Nurse Prescriber. She is also an Inspector for the Care Quality Commission.

alison.burton-shepherd@dmu.ac.uk

Notes: