

# 3<sup>rd</sup> International Conference and Exhibition on **Nutrition & Food Sciences**

September 23-25, 2014 Valencia Convention Centre, Spain

## Child and adolescent overweight and obesity in Latin America: A broader view of the nutrition transition

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Obesity is now recognized as a major public health concern in Low and Middle Income Countries (LMIC) as well as in High Income Countries (HIC). The several physiological and psychosocial consequences of this condition are threatening to collapse health systems around the globe. This epidemiologic panorama is a result of changes in physical activity and nutrition patterns fuelled by technology and economic changes known as the nutrition transition. Countries in the Latin American region are undergoing these changes in a heterogeneous fashion, where under-nutrition coexists with overweight and chronic diseases. Children and adolescents are a key group for the prevention of overweight and obesity as well as for the promotion of healthy lifestyles. This presentation will discuss the current state of the childhood obesity epidemic in Latin American countries (with particular emphasis in Colombia, Brazil, and Mexico) and the specific individual, social, and community factors that have shaped this panorama.

### Biography

Ines Gonzalez-Casanova completed her PhD in Nutrition and Health Sciences from Emory University in 2013, where she is currently a postdoctoral fellow in Global Health. She has over 10 years of experience in the field of public health nutrition and obesity prevention. She has collaborations with various research institutions in Mexico, Colombia, and the United States. She has published her research in peer-reviewed journals and presented in over 20 national and international scientific conferences.

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