

# 3


## Nutrition

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More than 100,000 children aged 6-14 in Bangkok eat Western fast food every day



Childhood obesity is 3-5 times more common in Bangkok than in other parts of Thailand. Children are becoming overweight because of fast food, soft drink, and sweet snacks, all of which taste good but are full of sugar and fat.



Western fast foods such as hamburgers, fried chicken, French fries, and pizza are very popular among children and teenagers. In Bangkok, 109,500 school children eat fast food every day, and 205,808 eat fast food at least once a week. Everyone knows that fast food has a high calorie and fat content, and that this is what makes it taste good. However, long-term consumption of these foods is a health risk. Excessive consumption of fat leads to high cholesterol, clogged arteries, and high blood pressure. Excessive consumption of sugar leads to tooth decay, obesity, and sometimes diabetes. Statistics on weights and heights show that obesity is 3-5 times more common among children in Bangkok than among children in other parts of Thailand.

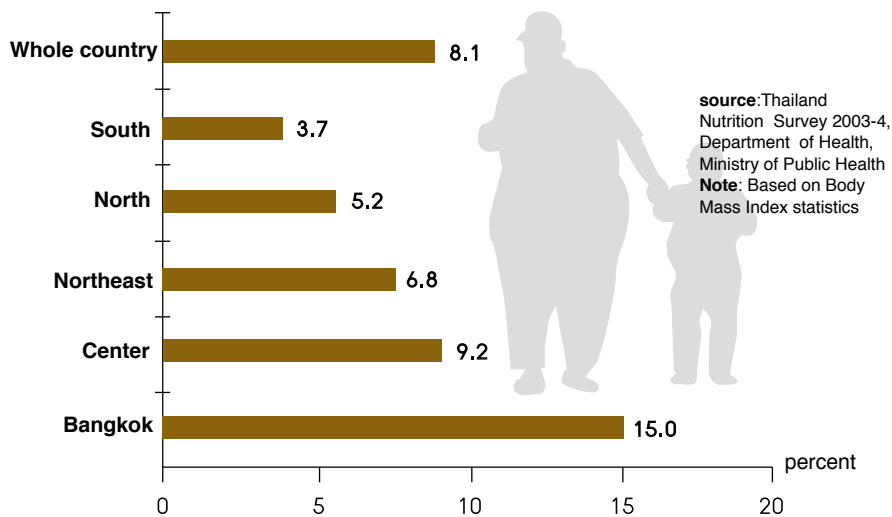
However, consumption of fast food is not confined to Bangkok children. Around 4-6% of children outside Bangkok eat fast food at least once per week. Overweight children are more common than underweight children in every region of Thailand, apart from the North.

### The Body Mass Index (BMI)

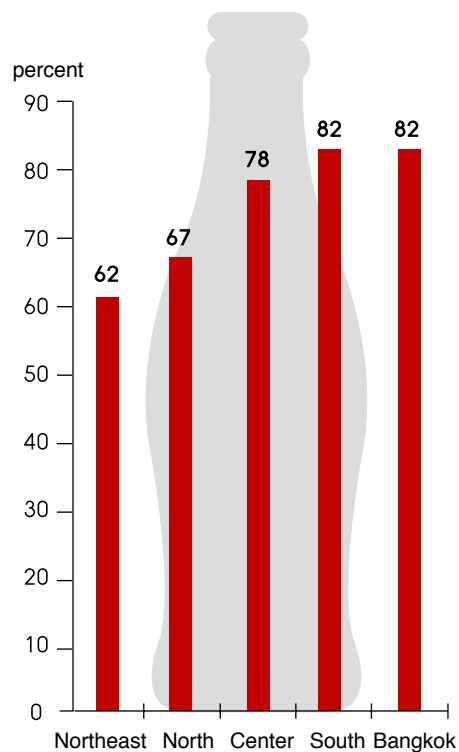
A person's BMI equals their weight in kilograms divided by their height in meters, squared. Normal BMI is between 20 and 24.9. Example: Weighted 45 kilograms and height 1.6 meters. A BMI equals  $\frac{45}{1.6^2} = \frac{45}{2.56} = 17.58$  kilograms per meters squared.



### Percent of children aged 6-14 years who are overweight

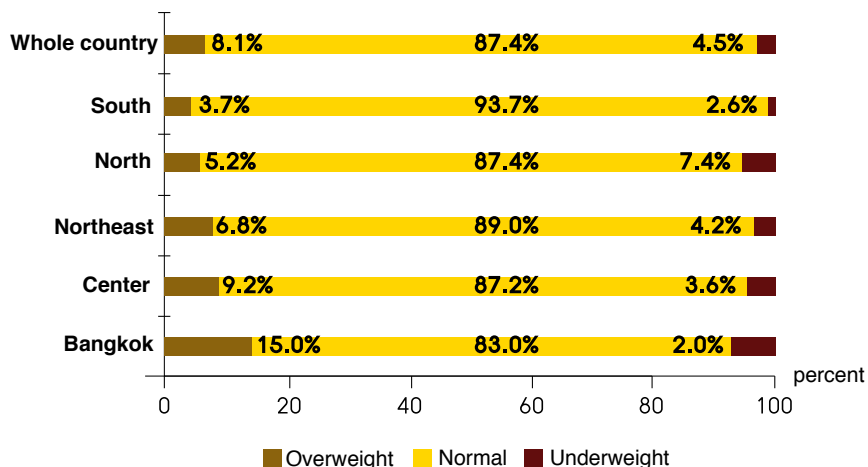


### Consumption of Soft drinks and sweet beverage



Source: The population health care behavior survey 2005, National Statistical Office.

### Nutritional status of children aged 6-14 years



### Percent of children aged 6-14 who consume fast food

