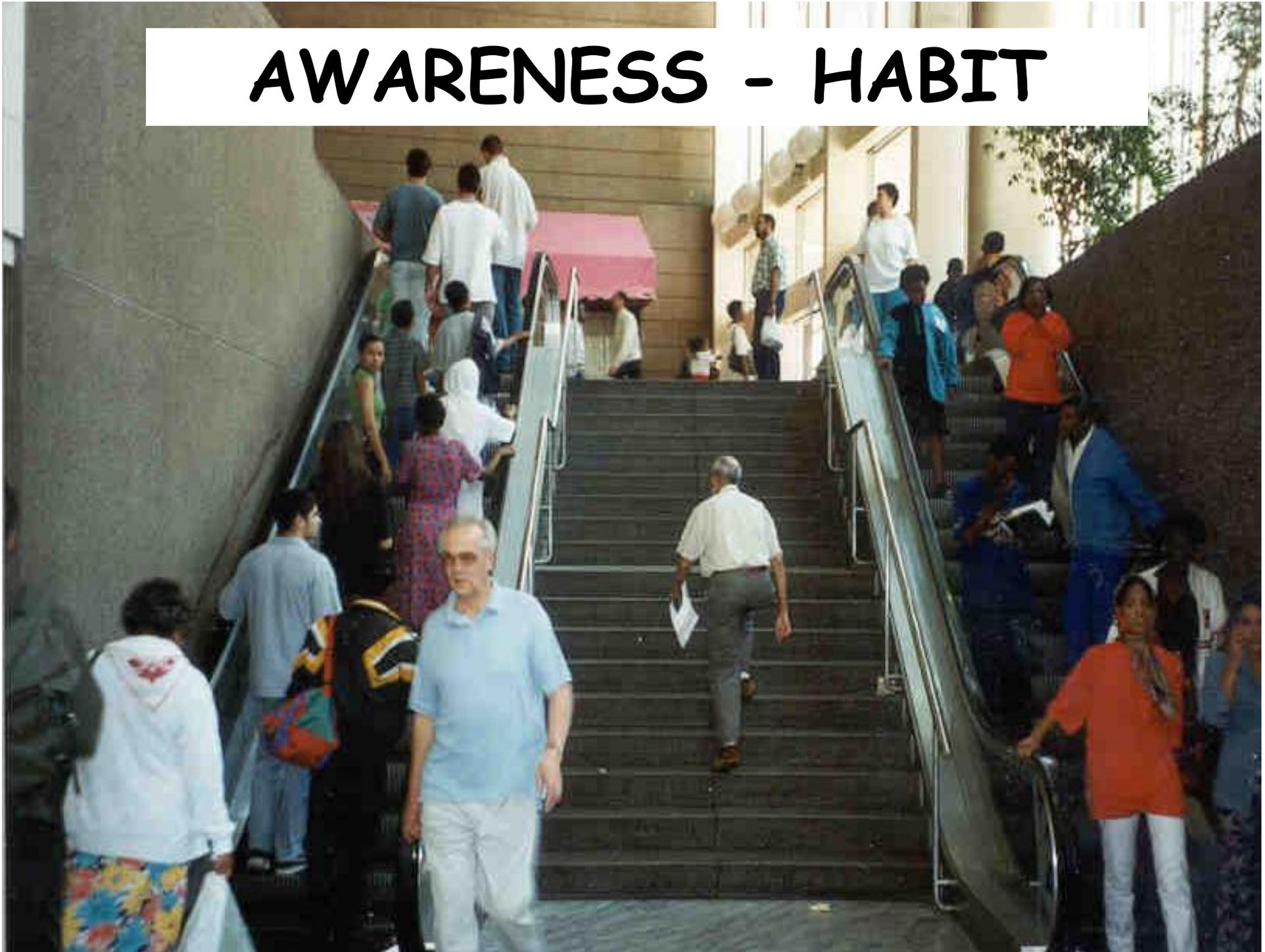


# Cooperation of health system and sports in solving problems of youth obesity ages 12 to 18 years

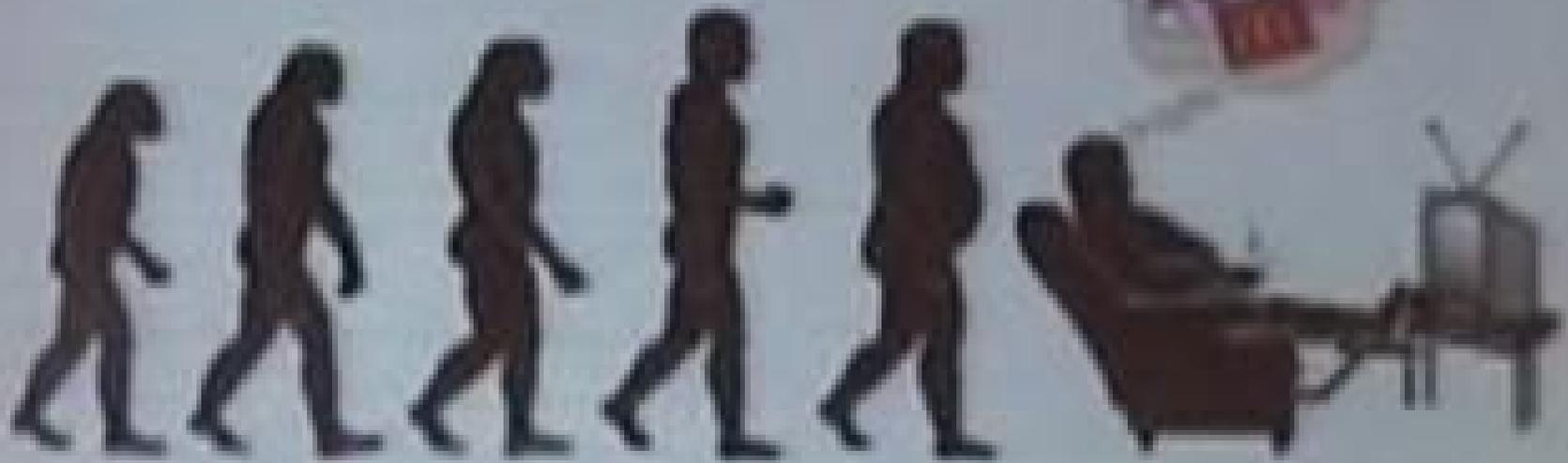
*Dušan Mitić, Faculty of Sport and Physical Education, Belgrade, Serbia*

*Jelena Šefkušić, Specijal Hospital `Čigota`, Zlatibor, Serbia*

# AWARENESS - HABIT







**2,5 milion years**

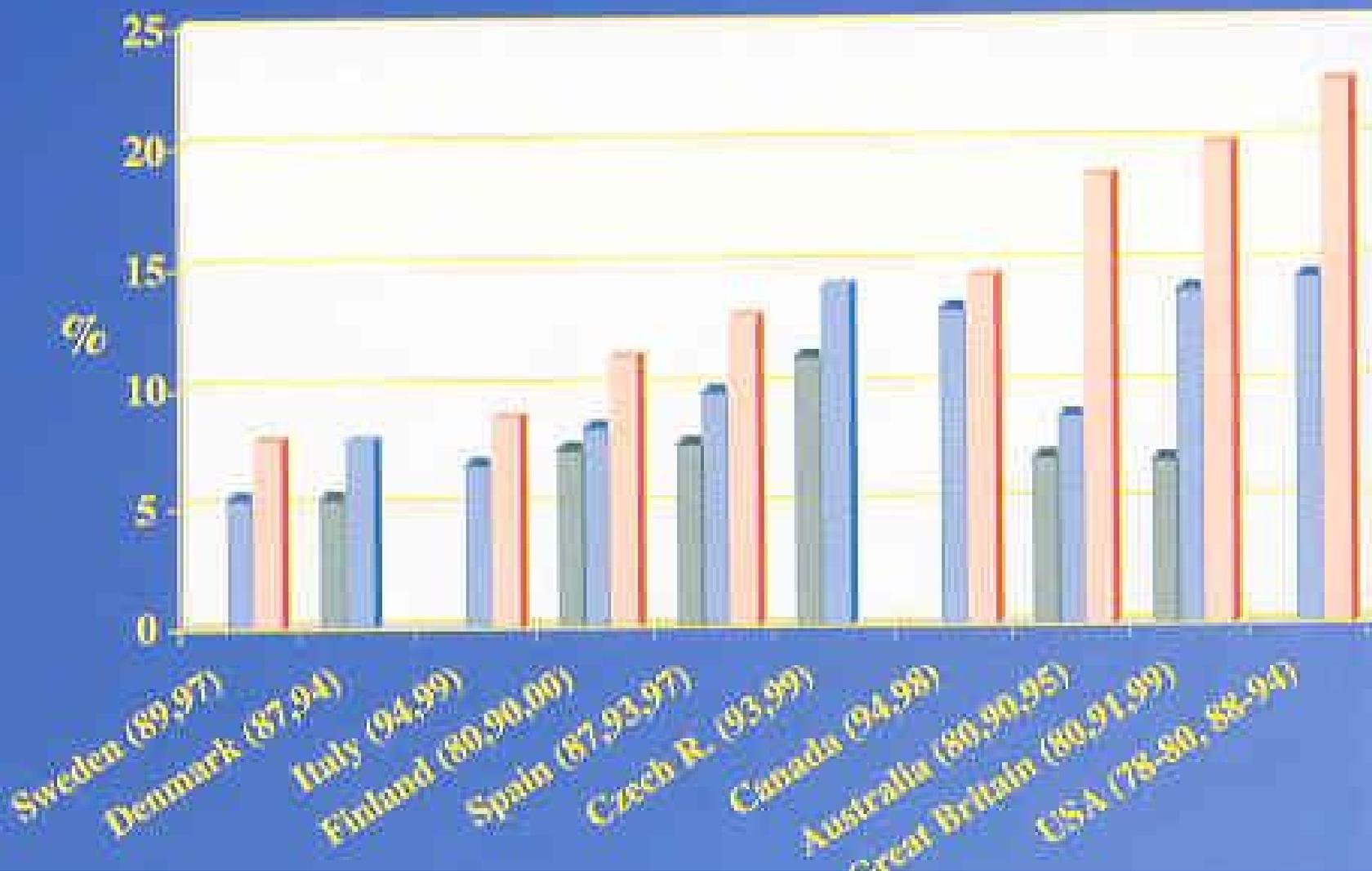
**50 years**

Chronic Diseases  
Gene-Environment  
Lifestyle Interaction



# Obesity Trends

(population > 15 years with BMI > 30, in % )  
(source: OECD 2001)



# Opportunity to became



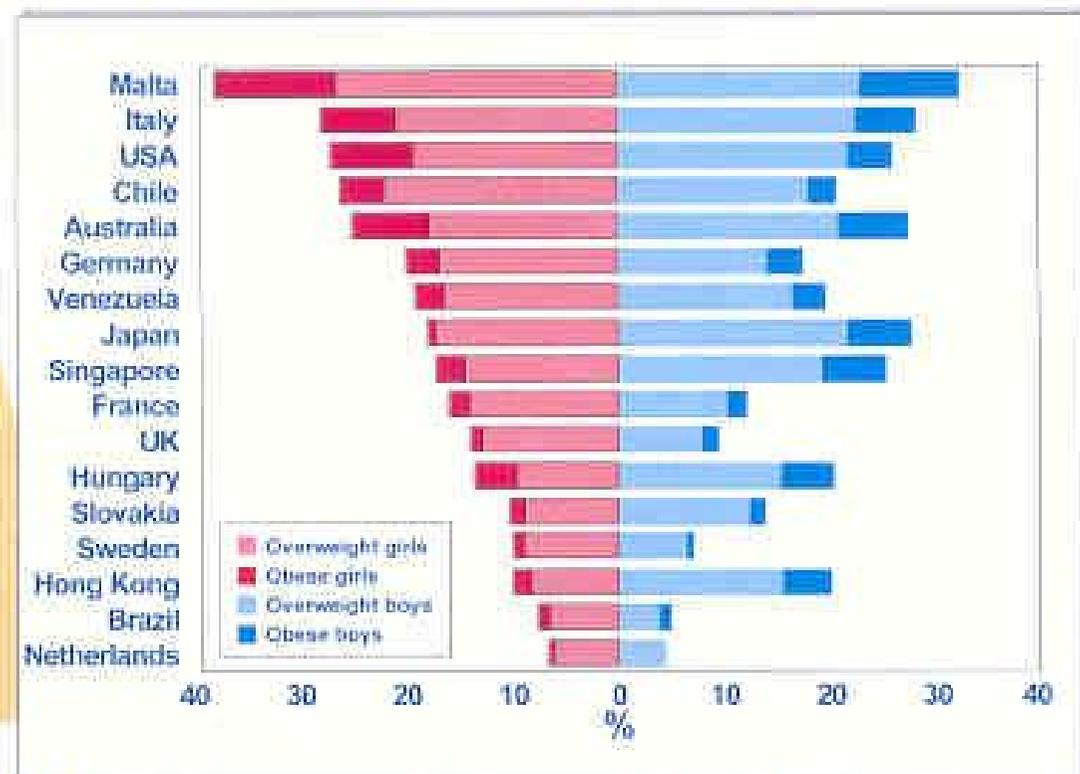
# Youth obesity

- recognizable symbol of modern ways of life
- Obesity epidemic is product of lifestyle in which people behave as consumers, of their own health, primarily



## Prevalence of obesity and excess weight in boys and girls aged 10 years

The table shows the alarming situation of obesity in children. This pathology has assumed all the hallmarks of an epidemic, and is afflicting the countries with the highest income



## Frequency tip 2 diabetes and tolerance of glukoze (PTG) obesity children and adolescenat

### **Invitti, 2003 (Italija)**

- DM tip 2 **0,2%**
- PTG **4,5%**

### **Weiss, 2003 (Vel. Britanija)**

- DM tip 2 **0%**
- PTG **11%**

### **Sinha, 2002 (SAD)**

- DM tip 2 **4%**
- PTG
  - children **25%**
  - adolescent **21%**

# Live Style

- Personal Live Style 50% involve to Health Status,
- Ecological Condition
- Genetics 21%,
- Doctors Care 8%

**“70% of all chronic health problems are preventable and directly linked to lifestyle”**

-The Surgeon General's Report on Nutrition and Health.

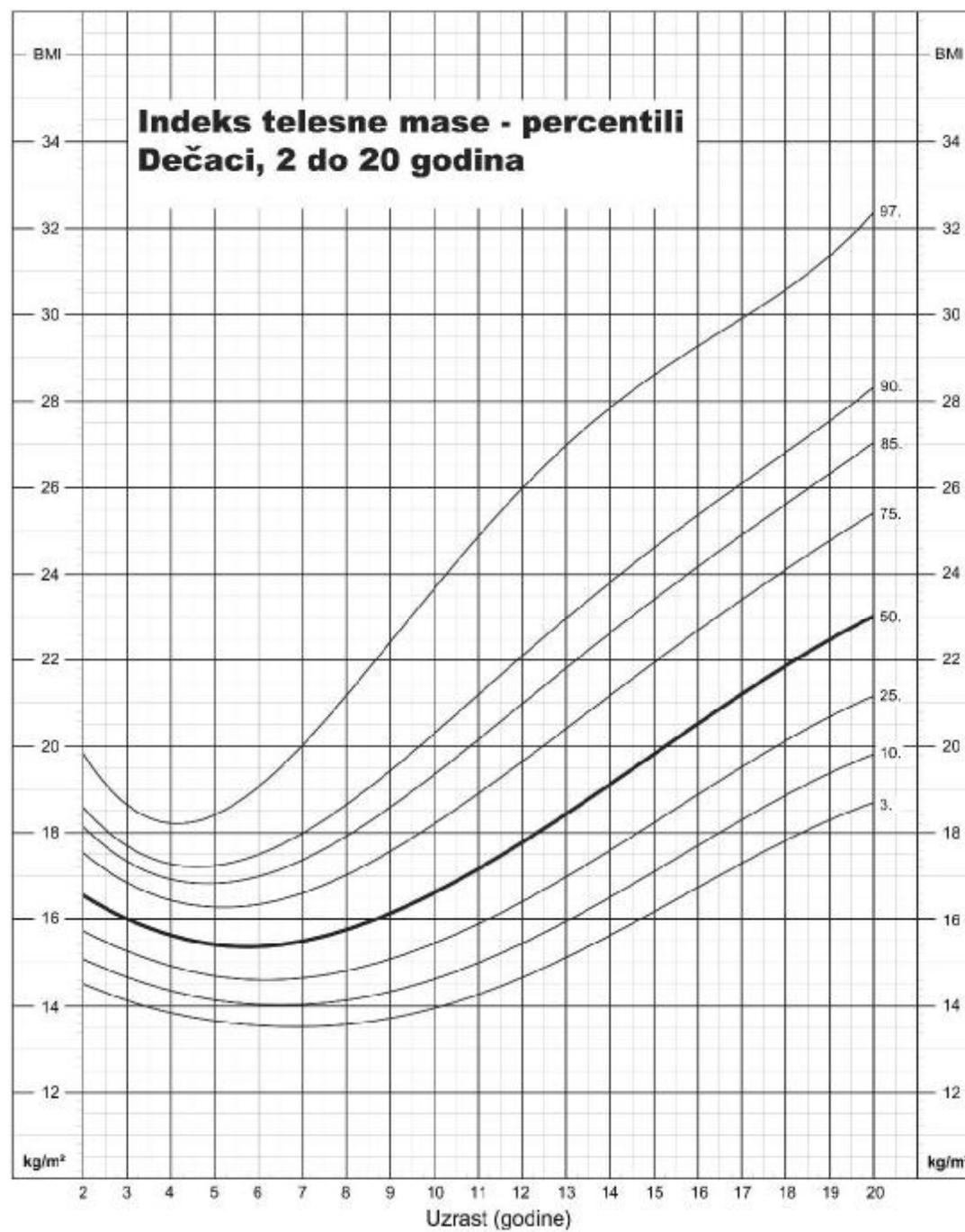
90).



- Serbian Health Fund started to finance project on the initiative of the Alliance of pediatricians



**Right to have three-week program have young whose obesity exceeds 97 percentile of fat tissue with other problems**





The program is based on suitable outdoor aerobic activities, exercising in the fitness hall and gyms and pool with controlled diet regime





# AQUAGIM



# AQUAFIT









# Fitness







The third support point of program is to develop cohesion within the group by organizing the psychological workshops and creating social, cultural and entertainment activities in daily and evening free time







In addition to nutrition and physical activity special attention is devoted to education about diet and physical activity.





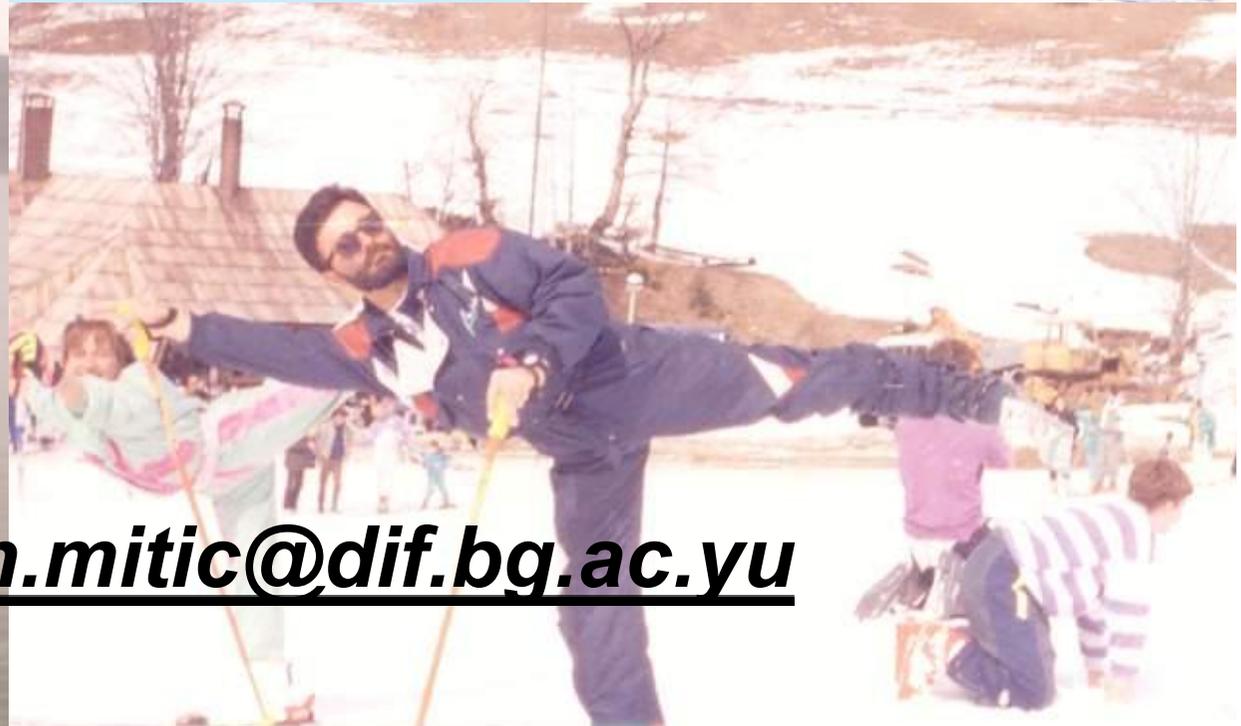


## The program experimentally started in August

- 24 children
- 4,6 kg lose
- Self-confidence growing up
- **Personal Active Live Style**



Thank you for attention



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