

Food for thought – nutrition in children & young people (a clinician's perspective)



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Growth & nutrition – journey through the years...

- Conception & pregnancy
 - Maternal health
 - Risk factors – smoking
- Newborn feeding
 - Breast vs infant formula
- Infant growth
 - Weaning
- Childhood
- Adolescence & early adulthood
 - Puberty
 - Convenience

Growth & nutrition – illness

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Chronic illness

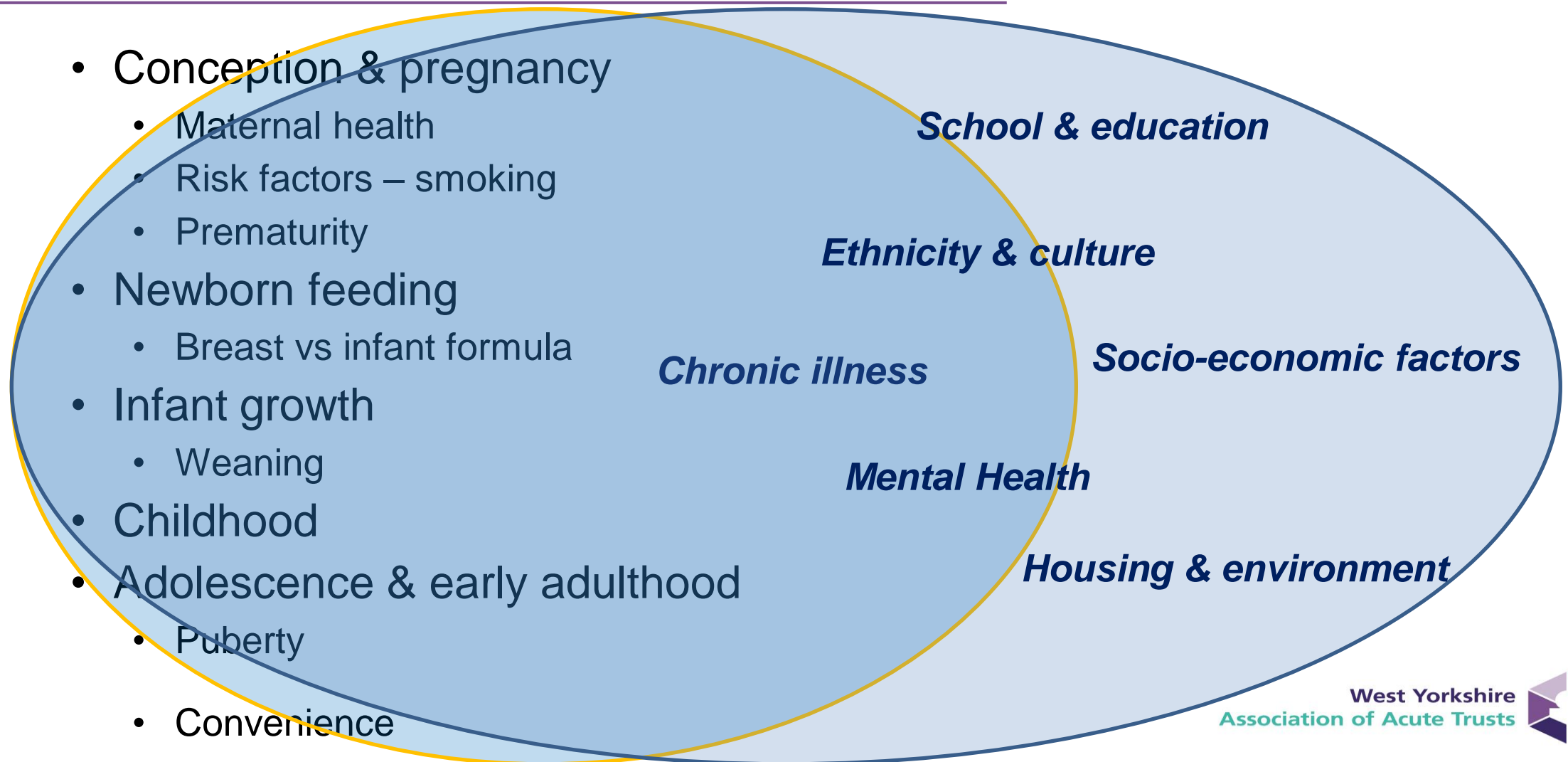
Growth & nutrition – poverty

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Socio-economic factors

Growth & nutrition – layering effect



Growth & nutrition – what's the reality?

- Conception & pregnancy
 - Small for dates (IUGR)
 - Prematurity
- Newborn feeding
 - Breast vs infant formula – does it really matter? Discuss!
- Infant growth
 - Nutrition dependent until GH from age 2
- Childhood
 - Nutritional deficiencies – anaemia, vitamin D
- Adolescence & early adulthood
 - Obesity
 - Eating disorders

Growth & nutrition – inequality conundrum

- Lower rates of breast feeding in most deprived and minority ethnic groups
- Weaning cultures & behaviours
- Ethnic (genetic) predisposition
- Overfeeding and (mis)perceptions of obesity
- Cheap(er), convenience food choices
- School meals
- Exercise and green fields
- Mental health hidden burden
- Safeguarding
- Food or fuel...

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Growth & nutrition – the Covid-19 pandemic

- CYP relatively minimal **direct impact** from Covid-19 except
 - Adolescents & children with complex needs
 - PIMS-TS
- **Indirect impact** of Covid-19... emergent themes:
 - Delayed presentations
 - Hidden surveillance
 - Social & mental health
 - Education & missed opportunities
 - Economic
 - Attitudes to health & well-being
 - Inequality & inequity gap