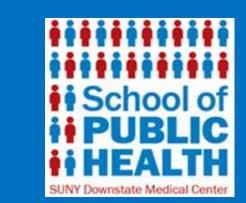


# Childhood Obesity in the COVID-19 pandemic: A look at Teenagers in East Flatbush

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## Introduction

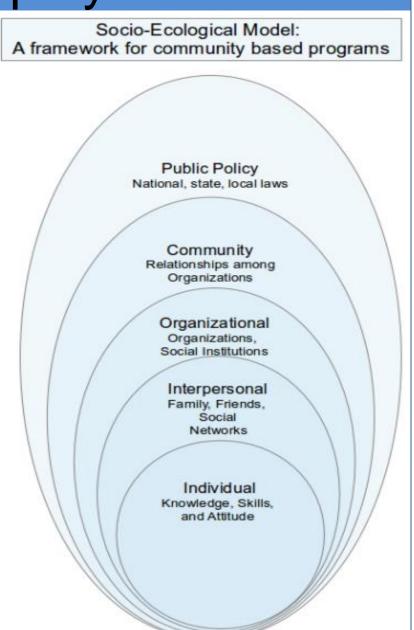
- -Childhood obesity is a major health concern in the US.
- -1 out of 3 children are overweight/obese.
- -Obese and severely obese children are at high risk of developing co-morbidities in childhood and adulthood.

# Background

-Many factors play a role in

child obesity.
-In East Flatbush,
influencing
factors
include socio
economic
status and
the physical

environment.



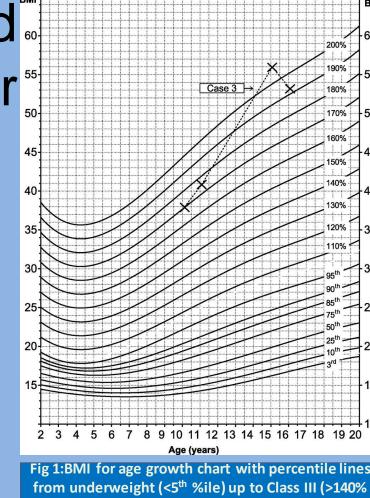
-The pandemic has exacerbated these risk factors such as food accessibility and physical activity, and thus likely increased prevalence of obesity in our community.

# Objective

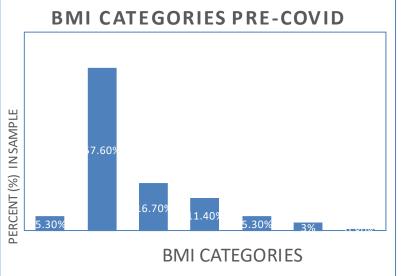
To acquire epidemiologic data that describes the effects of the COVID-19 pandemic on obesity prevalence in East-Flatbush.

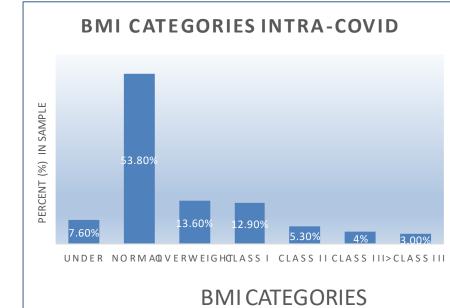
# Methods

- -BMIs obtained for 11-21yr olds going to DPA\* clinic.
- -Compared BMI percentiles pre covid with intracovid
- -Stratified into under weight, normal wt, overweight, class I, class II & class III obesity based on CDC guidelines and growth chart.

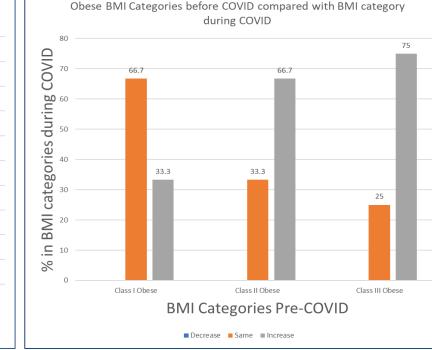


### Results





# BMI Category before Covid compared with BMI Category during COVID 89.4 89.4 85.7 63.6 63.6 10. Underweight BMI Categories Pre-COVID Decrease Same Increase



# -n=132

- -BMI categories shifted up or down by only one category.
- -As you go higher in obese BMI categories there is a significant (P<0.001) increase in weight gain.

### **Discussion/Limitations**

- -Did not conduct surveys to confirm risk factors associated with results.
- -Recommend modifying current policies on healthy food availability in East Flatbush, green areas for safe, socially distanced activities, and emphasizing authoritative parenting styles to encourage collaboration.

#### Conclusion

-It is crucial to balance the necessity for safety during the pandemic, and its effect on childhood. obesity, which suggests a progressively higher risk of weight gain in overweight/obese children in our urban population.

# **Acknowledgements**

- -Effect of COVID-19 Pandemic on Obesity Risk in High-Risk Youth in Brooklyn: A Pilot Study Amarachi Uwaga, BS; Chris Ramirez, BA; Eugene Dinkevich, MD
- \*Downstate Pediatric Associates Clinic, SUNY Downstate

Faculty Advisor: Dr. Barbara Delano

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