



CONFERENCE ABSTRACT

School age nutrition facts and challenges!

Zainab S. Alghamdi*

King Faisal Specialist Hospital and Research Centre, Kingdom of Saudi Arabia

1st International Growth and Development Conference (IGDC 2017)

March 16-18, 2017

Dubai, United Arab Emirates

*Corresponding Author,
Email: zghamdi@kfshrc.edu.sa

Abstract

Developing effective strategies in schools that shall provide the needed macro and micronutrients for our generation, one of the main objectives is to tackle obesity in children is urgently required. School canteen, physical education curriculum need to be redesigned to meet our community health need and approach. Nutritional surveys highly needed to evaluate, assess and act on public health major issues that has a significant impact on our community, ignored childhood morbidity will be carried out up to adulthood and serious health cost on geriatric. My presentation will highlight major nutrition deficiencies at school age. Highlight also our school's canteen and physical activity curriculum, mentioning our pilot study on Government school in Riyadh region.
