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Tackling Childhood Obesity and it's Long Term Health Outcomes One Bite at a Time

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Childhood obesity is a growing concern worldwide. It has becoming a problem in every country where there is data. Children who are born preterm or Small for Gestational Age (SGA) are at higher risk for developing childhood obesity than their peers who are born on time and of normal weight. This presentation will discuss the impact that the development of obesity has not only on the more commonly known long term health consequences such as diabetes, hypertension and cardiovascular disease, but it will also discuss it's impact on the development of food allergies and other inflammatory diseases. The eating habits during the perinatal period and breastfeeding and their impact on the development of obesity will also be described. We will explore the impact individual nutrition counseling has on childhood obesity compared to group counseling and virtual counseling. Finally evidenced based strategies to prevent the onset of obesity during pregnancy, breastfeeding and childhood will be presented.

Biography:

Dr. Loomis received her B.S from the University of Rhode Island and her M.S. and Doctorate of Clinical Nutrition from the University of Medicine and Dentistry of New Jersey. She is a Registered Dietitian (RD) with 16 years of experience in pediatric nutrition. Dr. Loomis has conducted presentations on a local and national level on a number of areas including the impact of Registered Dietitians in the Neonatal Intensive Care Unit (NICU), Combating Childhood obesity and Pediatric Food Allergies and Treating Picky Eating. Her doctoral work looked at the impact of standardized feeding guidelines for low birth weight infants, which was recently published in the Journal of Pediatric Gastroenterology and Nutrition. Dr. Loomis' current research looks at the impact of nutrition counseling on childhood obesity, and the eating habits of picky eaters as well as the impact of role modeling on the eating habits and weight status of college students. Dr. Loomis is an Assistant Professor at SUNY Oneonta and is the Director of the Masters Program and Dietetics Internship. She also works as a pediatric dietitian in a pediatrician's office counseling children who struggle with obesity and has owned her own private practice since 2010.