



KLAIPĖDOS MIESTO  
VISUOMENĖS  
**SVEIKATOS BIURAS**

# CHILDHOOD AND ADULTHOOD OBESITY. OBESITY PREVENTION IN LITHUANIA

Klaipėda City Public Health Bureau

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2022

# CONTENT

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1. Childhood and adulthood obesity in the world.
2. Childhood and adulthood obesity in Lithuania.
3. Causes and consequences of overweight and obesity.
4. Overweight and obesity prevention in Lithuania.

# OBESITY – A GLOBAL HEALTH PROBLEM

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- The problem is **global** and is steadily affecting many low- and middle-income countries, particularly in urban settings.



**MILLION**

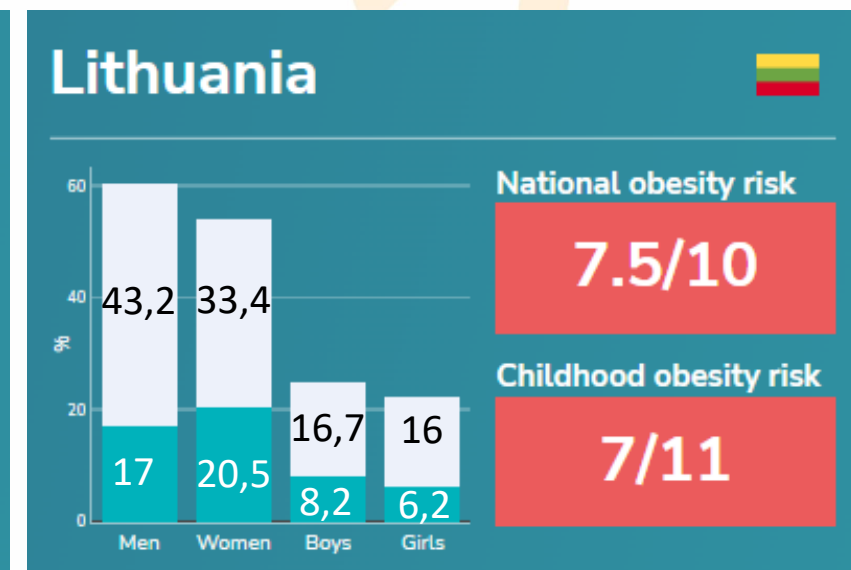
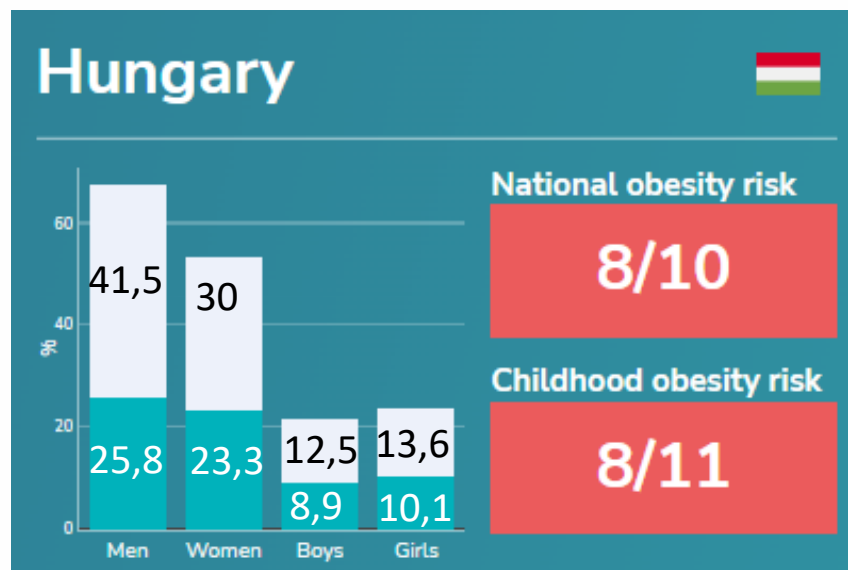
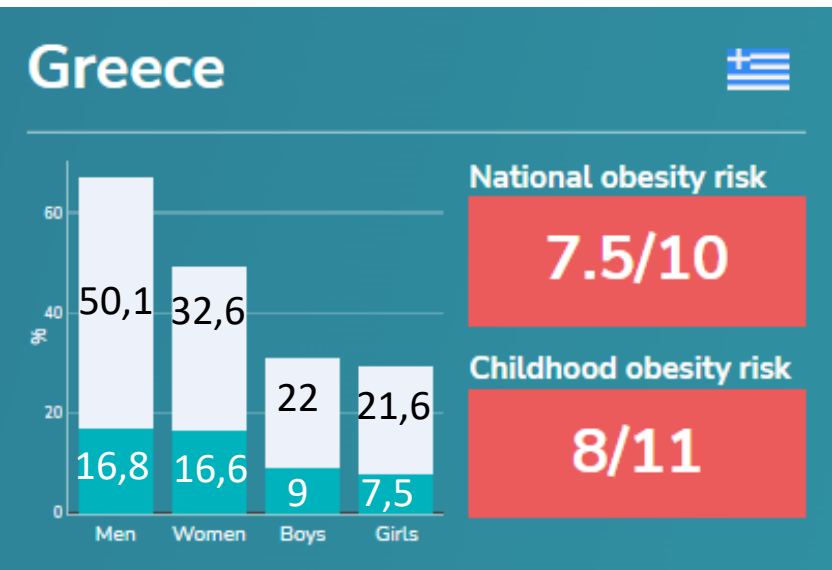
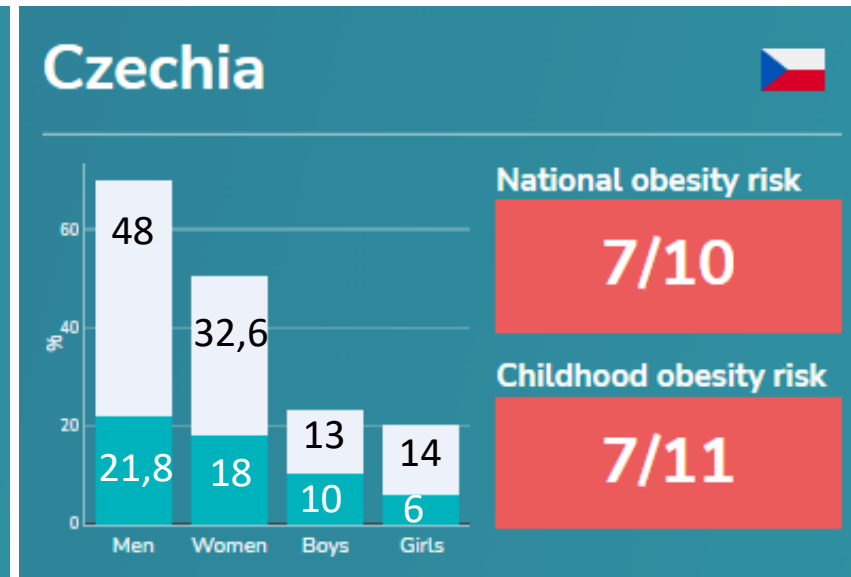
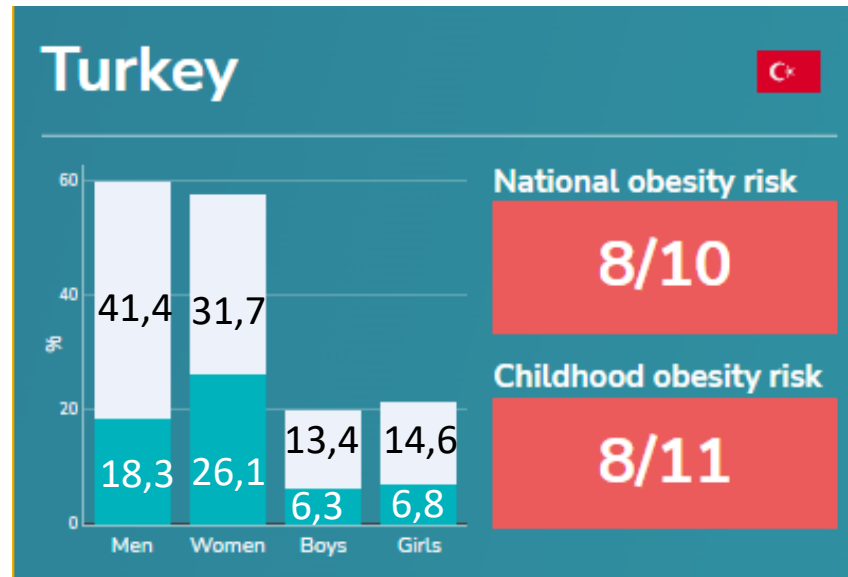
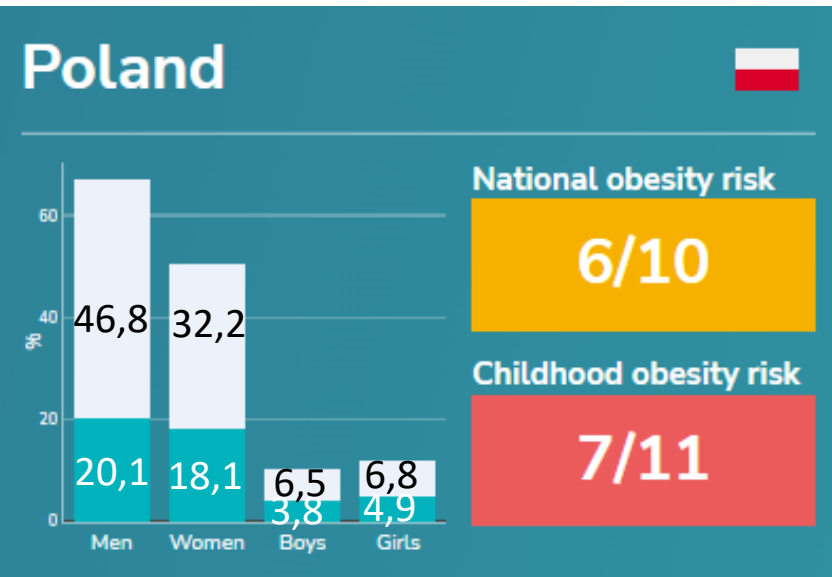
800 million people  
around the world are  
living with obesity.



**CHILDHOOD**

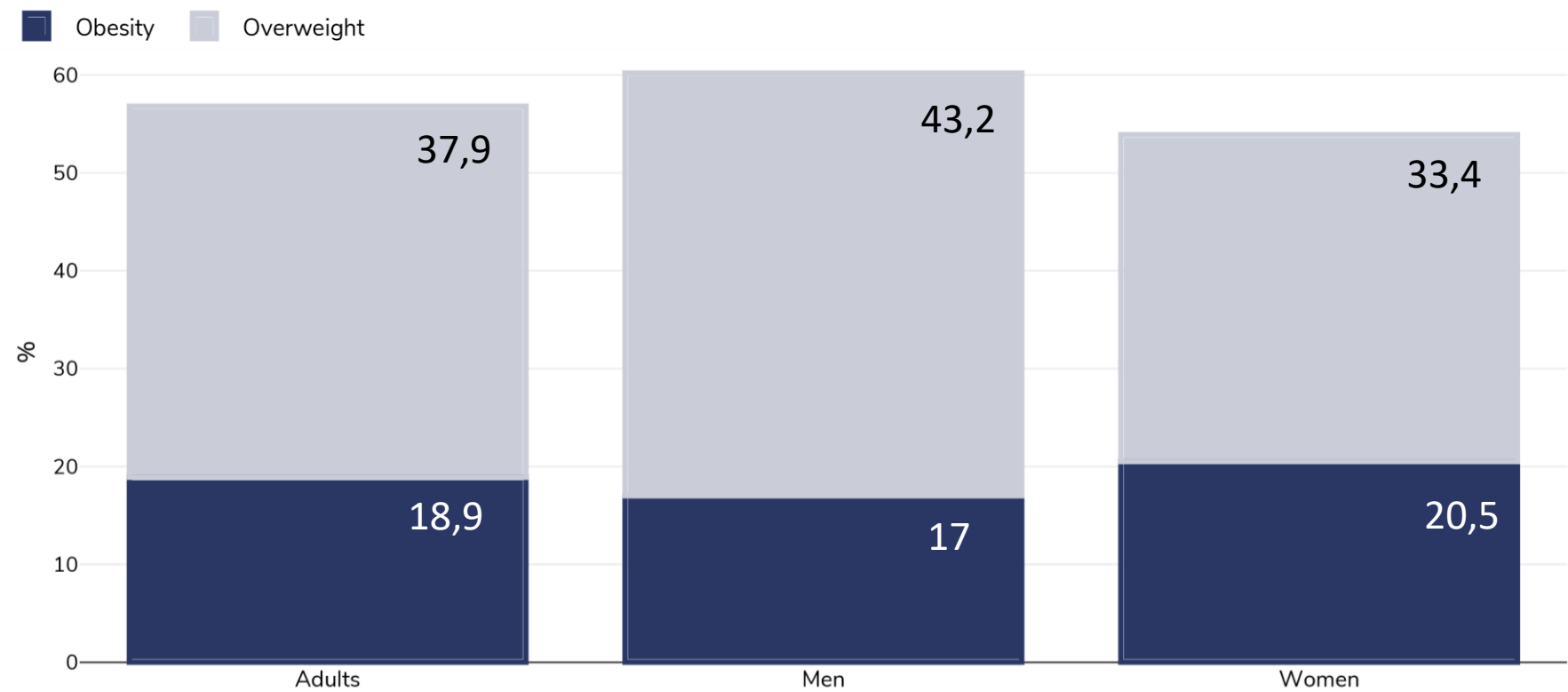
Childhood obesity is  
expected to increase  
by 60% over the next  
decade, reaching 250  
million by 2030.

overweight  
obesity



# Lithuania: Obesity prevalence

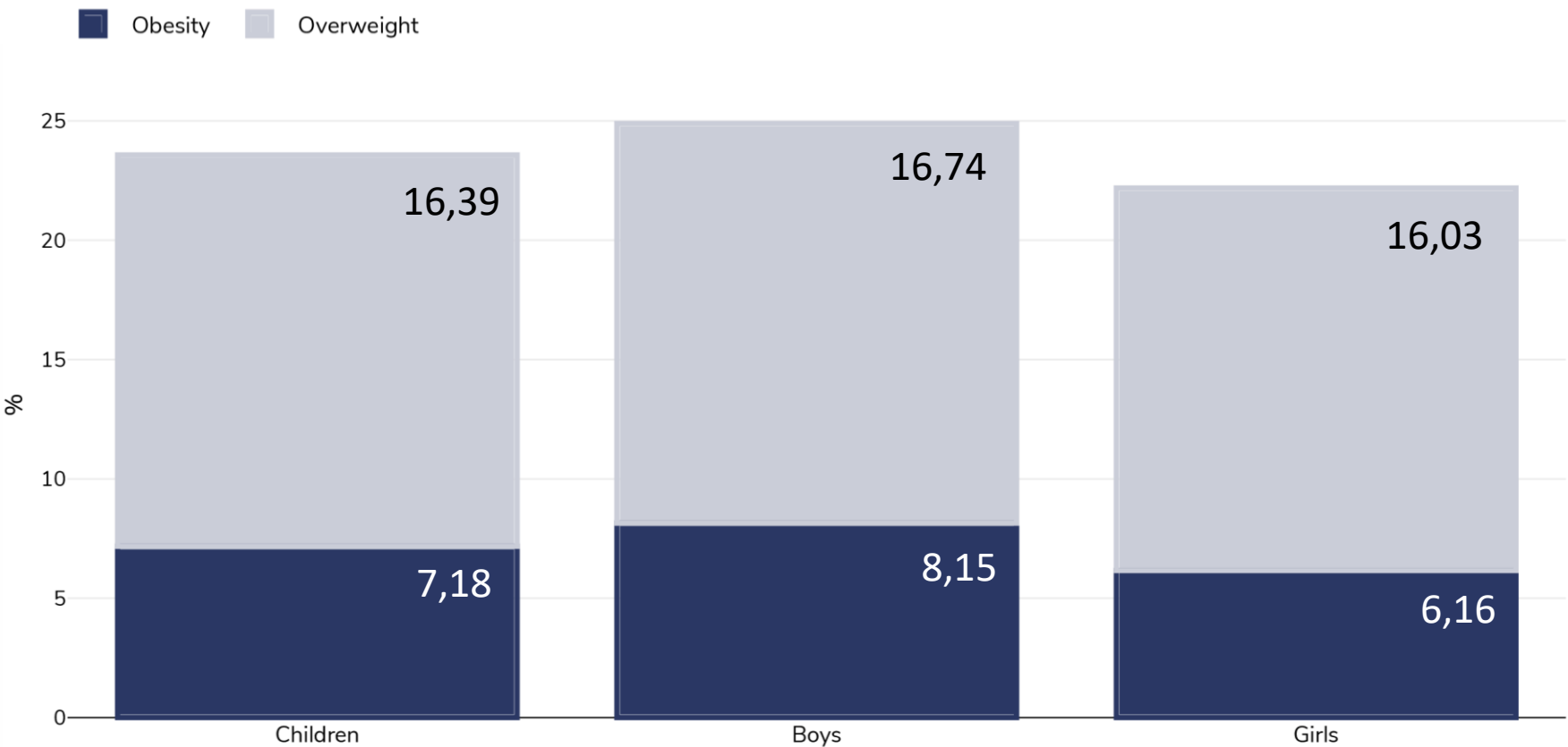
Adults, 2019



Survey type:	Self-reported
Age:	18+
Sample size:	5000
Area covered:	National
References:	Oficialiosios statistikos portalas. Lithuanian population health statistical survey results 2019. Available at: <a href="https://osp.stat.gov.lt/informaciniai-pranesimai?articleId=8074853">https://osp.stat.gov.lt/informaciniai-pranesimai?articleId=8074853</a> . Last accessed: 18.05.21.

# Lithuania: Obesity prevalence

Children, 2019-2020



Survey type:	Measured
Age:	7-17
Sample size:	295,086
Area covered:	National
References:	LR sveikatos apsaugos ministro (2020). VAIKU SVEIKATA 2019. Available at: <a href="https://hi.lt/uploads/pdf/leidiniai/Statistikos/Vaiku_sveikata/Vaik%C5%B3%20sveikata%202019.pdf">https://hi.lt/uploads/pdf/leidiniai/Statistikos/Vaiku_sveikata/Vaik%C5%B3%20sveikata%202019.pdf</a> . Last accessed 18.05.21.

# CHILDREN OBESITY IN LITHUANIA

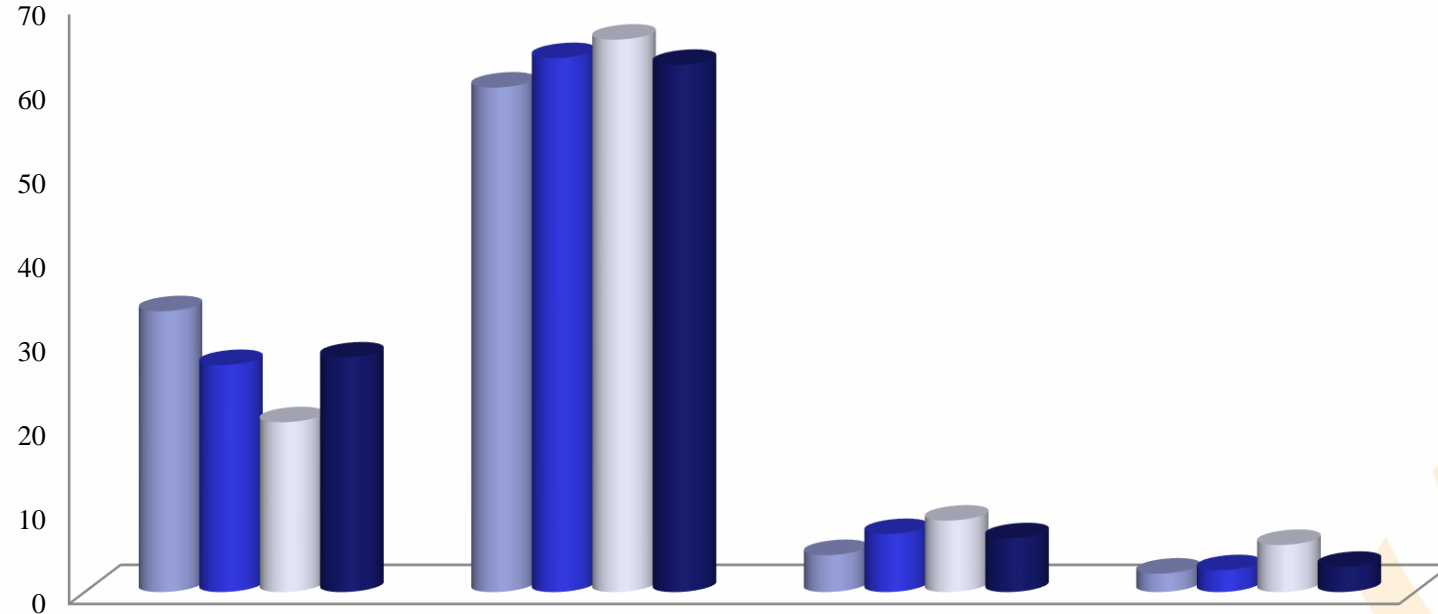
## Children (1-19 years old) BMI distribution (%) in Lithuania, in 2019, 2020 and 2021

Year, month	Underweight	Normal weight	Overweight	Obesity	Number of students who submitted the numbers
2019, December	14,83	66,18	13,47	5,53	85,20
2020, December	15,11	65,36	13,77	5,76	76,12
2021, December	15,40	62,46	14,76	7,38	88,87

Data: Children's health monitoring information system (VSS IS)

# CHILDREN OBESITY SITUATION IN KLAIPEDA (1)

## Children BMI and age group distribution (%) in Klaipeda, 2021



Age	Underweight	Normal	Overweight	Obesity
1-3	33,4	60	4,4	2,2
4-6	27	63,5	6,9	2,6
Pre-school group	20,2	65,7	8,5	5,6
All	27,2	62,7	6,4	3



## CHILDREN OBESITY SITUATION IN KLAIPEDA (2)

**Children from general education schools and vocational training institutions BMI distribution (%) in Klaipeda and Klaipeda district, 2021**

	Underweight	Normal	Overweight	Obesity
Klaipeda city	11,55	63,48	17,35	7,62
Klaipeda district	10,70	62,22	18,06	9,02

Data: Children's health monitoring information system (VSS IS)

Pre-school group	20,2	65,7	8,5	5,6
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# OBESITY PANDEMIC

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- Obesity is a **risk factor** for other diseases (diabetes, cardiovascular disease, certain cancers, complications of Covid-19 ).
- Childhood and adolescent obesity **tracks adulthood obesity**.
- Childhood and adolescent obesity is linked to **adulthood mortality** and **premature death**.



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‘Eat less, move more’ does not “fix” obesity.

**Obesity is a disease!**



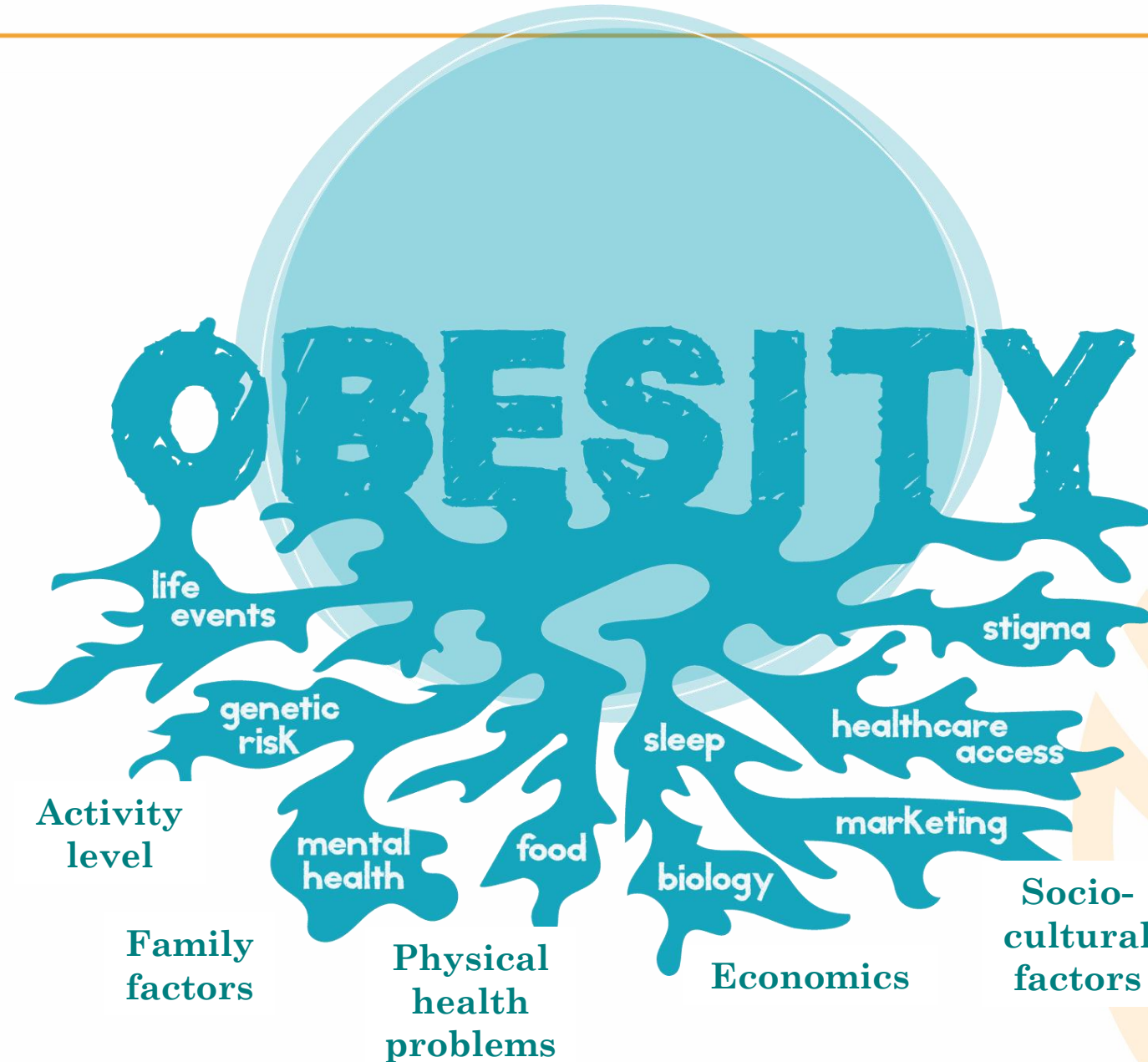
Image by macrovector on Freepik

Obesity is one side of the double burden of **malnutrition**.



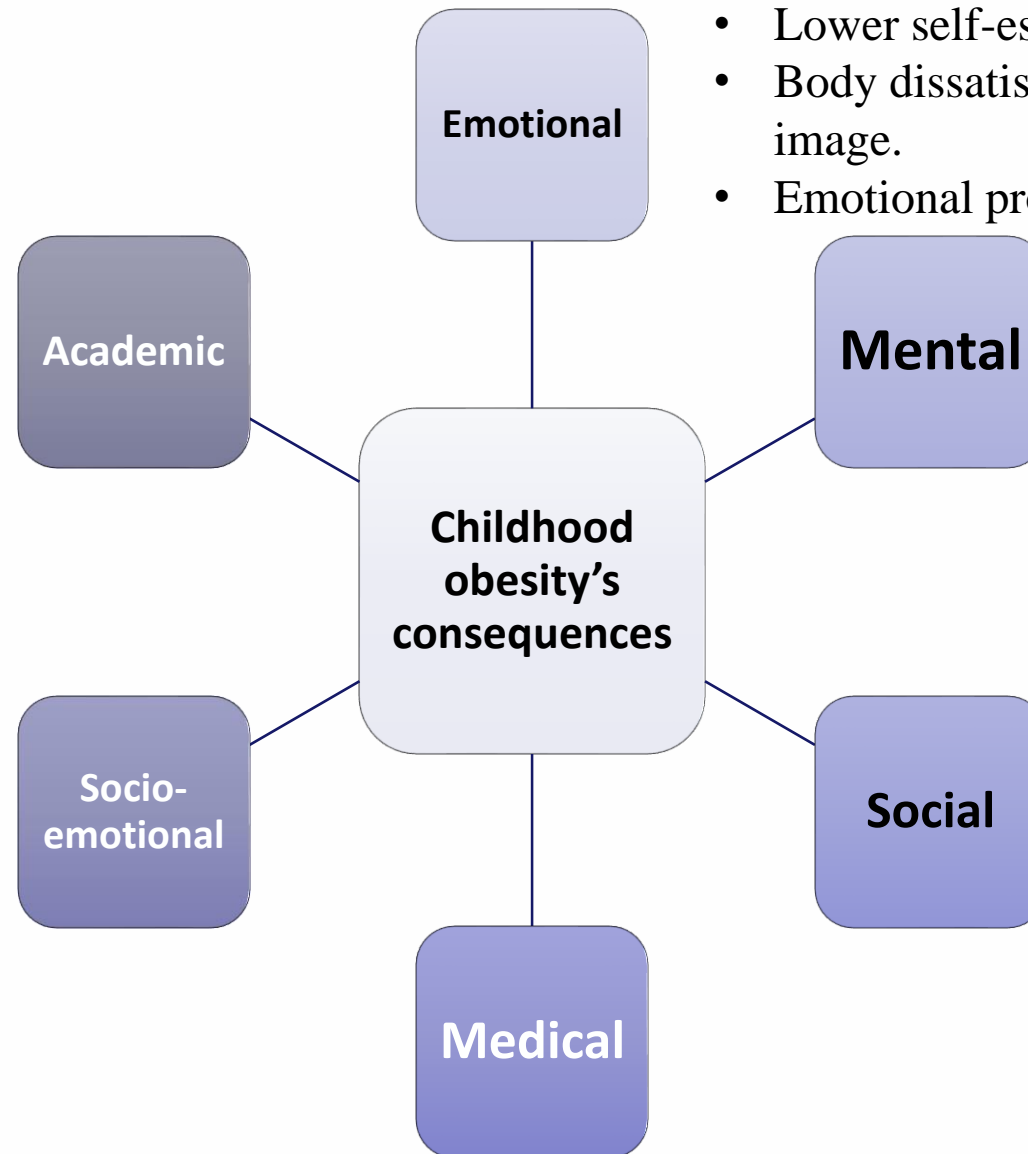


# THE ROOTS OF OBESITY



# THE CONSEQUENCES OF CHILDHOOD OBESITY

- Teasing and/or bullying.
- Negative stereotypes, discrimination, social marginalization.
- Obese children are often excluded from activities, particularly competitive activities, that require physical activity.

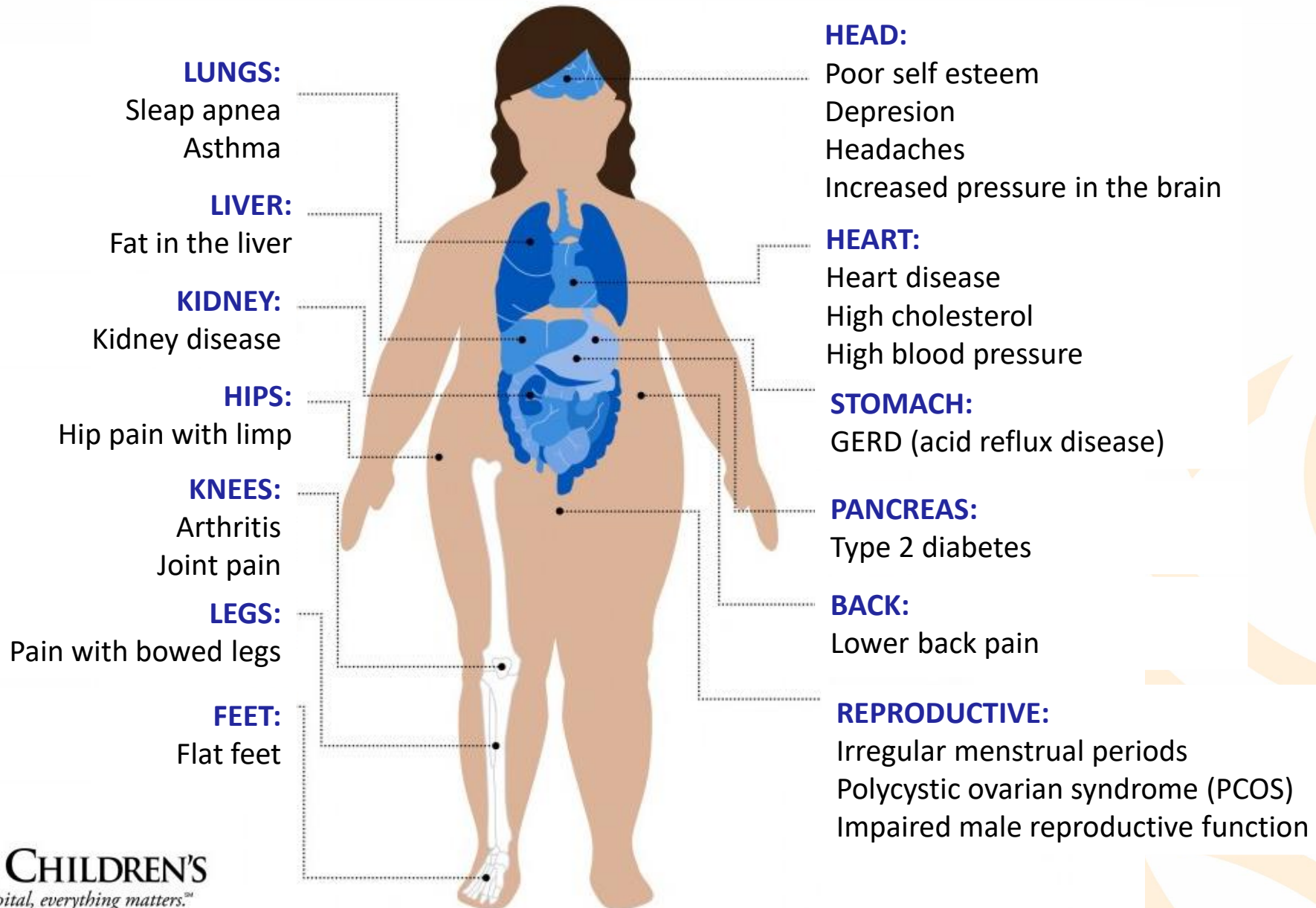


- Lower self-esteem, low self confidence.
- Body dissatisfaction, a negative body image.
- Emotional problems.

- Unhealthy dieting and eating disorders symptoms.
- Depression, anxiety.

- Retreating to safe places, such as their homes, where they may seek food as a comfort.
- Fewer friends, less social interaction and play, more time spent in sedentary activities.

# MEDICAL CONSEQUENCES OF OBESITY



# MAIN CHILDREN NUTRITIONAL PROBLEMS

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Children:

- eat too little of vegetables;
- consume fast food;
- like and eat sweet and high fat snacks;
- consume beverages with sweeteners;
- has no regularity in their diet (for. ex. do not eat breakfast).





# OBESITY PREVENTION IN LITHUANIA

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Image by vectorjuice on Freepik

# PUBLIC HEALTH BUREAUS IN LITHUANIA

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## Main goals:

- **strengthen** primary public health care at the municipal level;
- **promote** the provision of quality public health care services to municipal residents.

47 public health  
bureaus

952 public  
health  
specialists



**Mision** - to provide **high-quality** and **science-based** public health **services**, fostering the health of the population, aiming for a better quality of life and longer years of healthy life.

**Vision** - to be leaders and professionals in our field, to responsibly **create, nurture** and **protect** a healthy city.

**97 specialists**

**29 specialists,  
working in  
schools**

**45 specialists,  
working in  
kindergartens**

**4 psychologists**

**23 specialists,  
working in  
bureau**



## AREAS OF IMPACT IN WHICH WE IMPLEMENT PUBLIC HEALTH STRENGTHENING ACTIVITIES

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Monitoring and projects



Mental health



Physical activity



Enviromental health



Healthy nutrition



Disease prevention

# CHILDREN'S HEALTH ANNUAL MONITORING AND DATA ANALYSIS

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Data from *Children's health monitoring information system* (VSS IS):

- overall health and diseases;
- the condition of the teeth and jaw;
- children body mass index assessment;
- children physical education groups.



# *PROJECT - PROMOTION OF HEALTHY LIFESTYLES OF THE TARGET POPULATION IN KLAIPEDA CITY (1)*

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The end of the project – on the 25th of December, 2022.

The **aim** of the project - to increase the level of health literacy of children and the elderly and to develop healthy lifestyle skills.

**Target groups:** children (until the age of 18) and elderly people.



# PROJECT - PROMOTION OF HEALTHY LIFESTYLES OF THE TARGET POPULATION IN KLAIPEDA CITY (2)

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Obesity **prevention activities:** *healthy eating and physical activity classes, children's summer one day camps, event „Sweets on Saturdays“.*



# HEALTHY CITIES NETWORK

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The healthy cities network was founded in 1988 as an **initiative** supported by the World Health Organization (**WHO**), and in 2011 Klaipeda officially became the first Lithuanian city to be a member of this network.

VII phase's (2019-2025) of Healthy cities network main goal – healthier and happier cities for everyone.





# 6 p model: people, places, participation, prosperity, peace, planet.

Community sustainability, maintaining health in old age, mental health and well-being etc.

Urban spaces planning, injury prevention, social protection, health care, mental health and well-being.

Climate change mitigation and adaptation, protected biodiversity and improved urban spaces, water, waste etc.

Healthy environment and places, healthy urban planning, healthy transport, green spaces, energy and health.

Healthy first year of life, healthy nutrition, mental health and well-being, alcohol harm reduction, etc.



Maintaining health in older age, reducing vulnerability, promoting physical activity, improving health literacy, culture and health.

# *YOUTH-FRIENDLY HEALTH CARE SERVICES (YFHCS) IN KLAIPEDA*

## *(1)*

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**The aim of the project - educate young people on topics important to health:**

- **Prevention of health disorders related to overweight and obesity.**
- **Prevention of eating disorders.**
- Suicide and self-harm prevention.
- Prevention of depression.
- Prevention of sexually transmitted infections and unplanned pregnancy.
- Prevention of sexual violence.
- Prevention of psychoactive substance use.
- Prevention of alcohol consumption.



# YOUTH-FRIENDLY HEALTH CARE SERVICES (YFHCS) IN KLAIPEDA (2)

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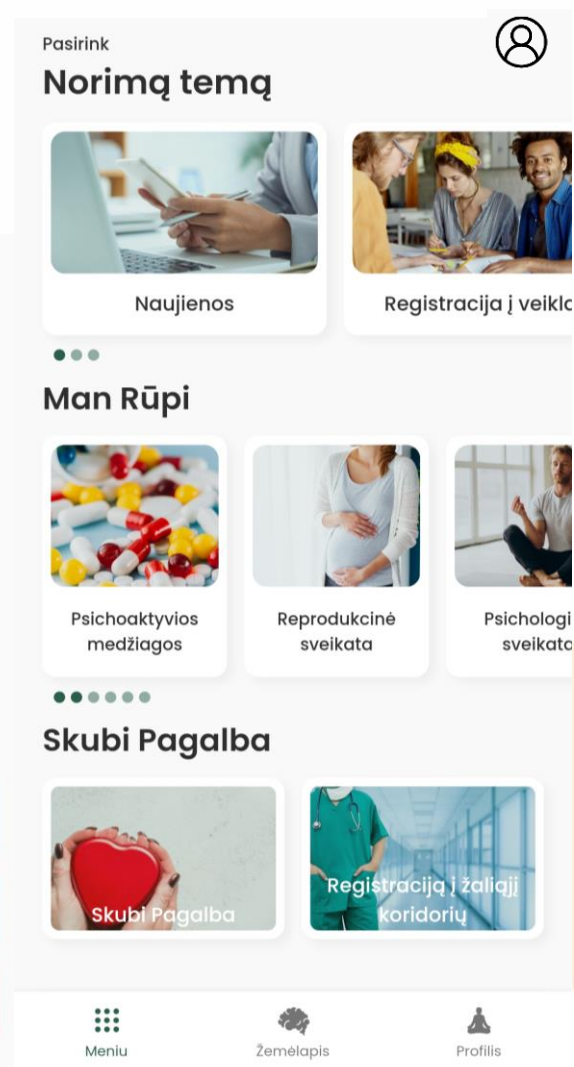
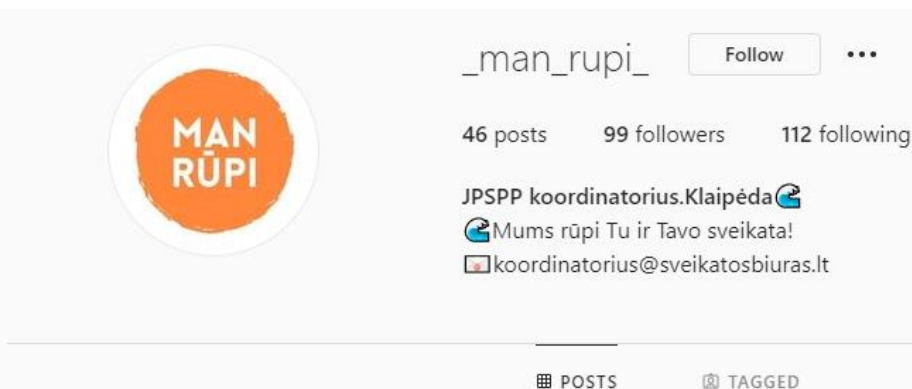
Team – YFHCS coordinator, psychologist, project's partners.

Target group – 14-29 year-old young ones.



# YOUTH-FRIENDLY HEALTH CARE SERVICES (YFHCS) IN KLAIPEDA (3)

## ➤ „Man rūpi“ (*I care*) app.



Iceland  
Liechtenstein  
Norway grants

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*The project is financed by the European Economic Area and the Norwegian Financial Mechanisms funds program.*

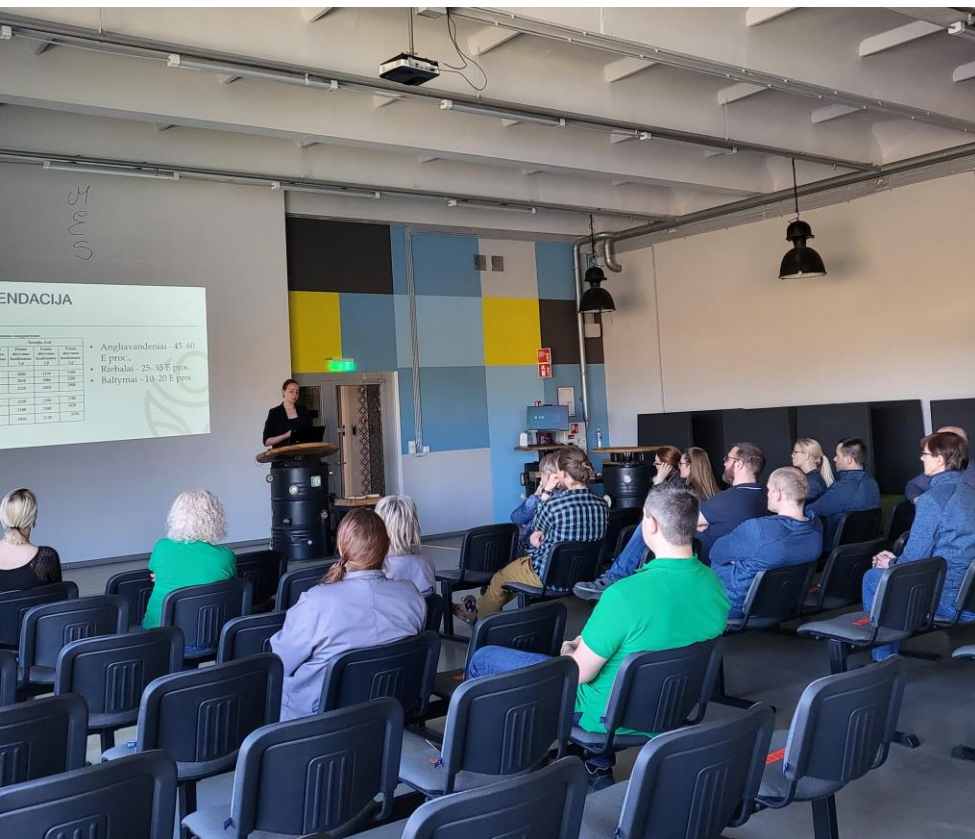


# BUREAU'S NUTRITION SPECIALIST IEVA

Promoting of healthy nutrition and health strengthening.

➤ Training programs.

➤ Consultations.



## TANITA PRO body composition analyzer shows:

- body muscle mass;
- body mass index (BMI);
- body fat percentage;
- body fat mass;
- fat-free body mass;
- protein content;
- total body fluids;
- basal metabolism;
- body type;
- muscle mass balance;
- assessment of leg muscles;
- fat mass distribution;
- visceral fat levels;
- bone mass.

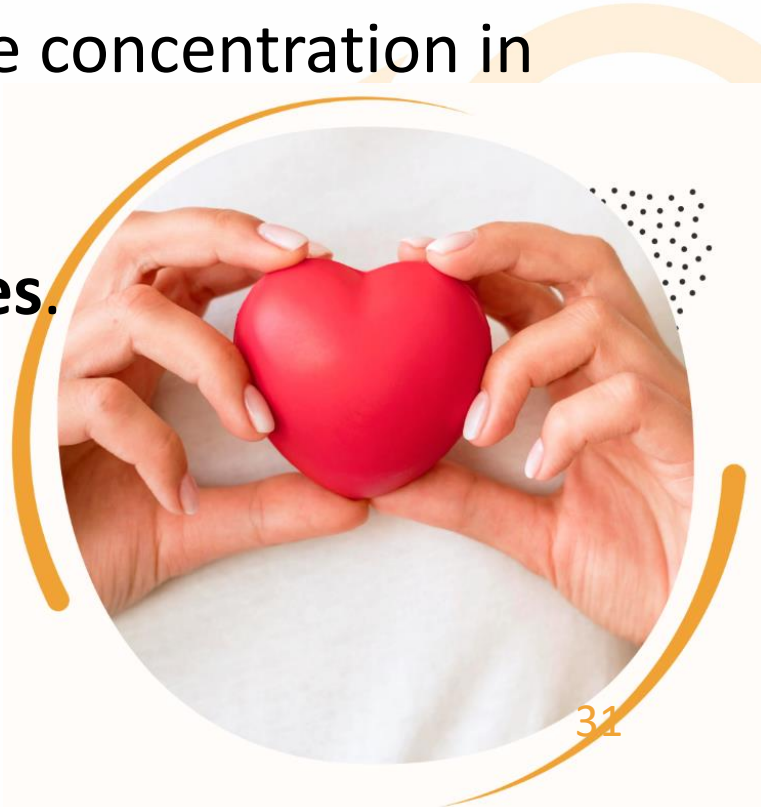


# *PREVENTION PROGRAM „BY HEART RHYTHM”*

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**Health promotion program** for people at risk for cardiovascular diseases and diabetes.

- People who have at least one of **risk factors** (increased arterial blood pressure, increased cholesterol, triglyceride or glucose concentration in the blood, overweight or obesity, having bad habits).
- People who have **cardiovascular disease (-s)/diabetes**.
- Classes are conducted and consulted by a nutrition specialist, psychologist, physical activity specialist and cardiologist.





# LOBESITY – LITHUANIA'S OVERWEIGHT AND OBESITY PREVENTION ASSOCIATION

- Webinars.
- Healthy lifestyle courses.
- Useful information / challenges.



**Lobesity - Lietuvos antsvorio ir nutukimo prevencijos asociacija**

**This #WORLD OBESITY DAY**  
we are calling for urgent government ACTION to end childhood obesity.

Over **223 million** schoolchildren globally are **overweight** or **obese**. This is expected to rise to **268 million** by **2025...**

**UNLESS WE ACT NOW**

2023 2024 2025

WORLD OBESITY DAY

Like Share Block Page WhatsApp Messenger



# *FREE TEENAGERS' WEIGHT MANAGEMENT PROGRAM FOR A FAMILY*

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- 11-17 years old overweight or obese teenagers.

Duration – 28 days:

- 7 days – online training for parents’;
- 5 days – training in a camp (for teenagers);
- 16 days – online consultations for parents and teenagers to consolidate knowledge.



# CHOOSE LIFE CAMPAIGN

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- Social publicity campaign **encourages** the public to **choose a healthier, brighter lifestyle**: abandon bad habits, eat healthier, dare to speak and seek help when faced with sensitive social problems - depression, addictions.
- Educational articles and interviews.
- Social advertising clips.
- TV show cycles.

National and regional press, news portals, TV and radio join the campaign every year.

# *OBESITY PREVENTION IN KINDERGARTENS AND SCHOOLS*

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## Klaipeda City Public Health Bureau coordinates the organization of children nutrition in kindergartens:

- Preparation of 15 days menus, menus for allergic children.
- Preparation of the technological cards of the dishes.

### Klaipeda city public health bureau

Taikos venue 76, Klaipeda

### Klaipeda "Puriena" kindergarten

Naikupes St. 27, Klaipeda

### 15 DAYS MENU

1-3 years old

Klaipėdos miesto visuomenės sveikatos biuras

PATVIRTINTA  
Klaipėdos miesto visuomenės sveikatos biuro direktoriaus:  
2022 m. gegužės 02 d. įsakymu Nr. J - 35

11.1.4 Bulvių košė su morkomis 160 TA

Žaliavos pavadinimas	Bruto (g.)	Neto (g.)	Patiekalo maistinė vertė, g.			Energinė vertė
			B	R	A	KCAL
Bulvės	179	116	2,320	0,116	21,228	93,96
Morkos	64	48	0,480	0,096	4,176	14,88
Iš viso:		160	2,800	0,212	25,404	108,84

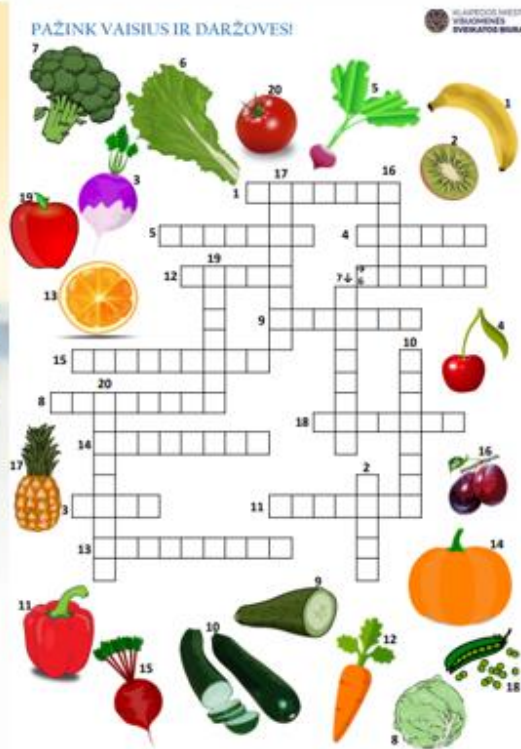
Pastabos:-  
Gamybos technologija:  
Daržovės valyti, plauti, smulkinti, dėti į verdantį, pasūdytą vandenį, virti 20-35 min., nupilti dalį nuoviro, pertrinti ir išplakti iki vienalytės konsistencijos. Temperatūra gaminio viduje >+75 °C.  
Patiekimas ir realizavimas:  
Patiekiama >+63 °C temperatūros. Realizavimo trukmė <4 val. (>+63 °C).

Working hours

7:30-18:00



- Preparation of methodological tools.
- Preparation of articles, training's organizing.



### DRAUDŽIAMŲ DARŽELIUOSE PRODUKTŲ SĄRAŠAS

- 1. buvę, kukurūzų ar kitokio traškūčiai, kiti riebaluose virti, skrudinti ar spraginti gaminiai;
- 2. saldainiai, šokoladai ir šokolado gaminiai;
- 3. valgomieji ledai;
- 4. pieno produktai ir konditerijos gaminiai su glajumi, glajais, šokoladu ar kremu;
- 5. krantozonų guma;
- 6. gazuoti gėrimai, energiniai gėrimai, nealkoholinis alus, sūris ir vynas;
- 7. gėrimai ir maisto produktai, pagaminti iš (arba kurių sudėtyje yra) kavamedžio pupelių kavos ar jų ekstraktų, ciklorjos, glių ar grūdų gėrimai (kavos pakaitalai);
- 8. kiseliai;
- 9. sultinių, padažų koncentratai;
- 10. parduoti su spanguolėmis;
- 11. kaulai, karšiai, maži rūkyti mėsos gaminiai ir mėsos gaminiai, kurių gamyboje buvo naudojamos rūkymo kvapiosios medžiagos, rūkyta žuvis;
- 12. konservuoti mėsos ir žuvies gaminiai, strimelė (šulė);
- 13. neįprastinės gamybos konservuoti gaminiai;
- 14. mechanškai atskirta mėsa, žuvis ir maisto produktai, į kurių sudėtį įeina mechanškai atskirta mėsa ar žuvis; subproduktai ir jų gaminiai (išskyrus leškus ir kepenis);
- 15. džiovintuose voliočiuose ar džiovintuose pabarstyti kepti mėsos, paukštienos ir žuvies gaminiai;
- 16. maisto papildai;
- 17. maisto produktai, pagaminti iš genetiškai modifikuotų organizmų (toliau – GMO), arba maisto produktai, į kurių sudėtį įeina GMO;
- 18. maisto produktai, į kurių sudėtį įeina iš dalies hidrinti augaliniai riebalai.

**MAISTO PRIEDŲ, KURIŲ NETURI BŪTI VAIKAMS MAITINTI TIEKIAMUOSE MAISTO PRODUKTUOSE, SĄRAŠAS**

**Daigikliai**

E102, 104, 110, 120, 132, 133, 142, 156, 180

**Konservantai ir antioksidantai**

E290, 302, 303, 310, 311, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335

**Aromato ir skonio stiprikliai**

E620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635

**Parengė**

Mitybos specialistė

Inga Gufarova

Korektorių

Kornelija Gustytė

inga.gufarova@gmail.com



### Vaikai. Atsvertis ir nutukimas

2022-05-03



### Per mažas vaikų svoris – ką svarbu žinoti?

2022-08-24

Plačiau »

- 
- In order to improve the nutrition of school children, there are prepared *Children's nutrition organization guidelines*.

*Suvestinė redakcija nuo 2022-09-09 iki 2022-12-31*

*Įsakymas paskelbtas: Žin. 2011, Nr. [140-6573](#), i. k. 1112250ISAK000V-964*

*Nauja redakcija nuo 2018-09-01:*

*Nr. [V-394](#), 2018-04-10, paskelbta TAR 2018-04-24, i. k. 2018-06471*

**LIETUVOS RESPUBLIKOS SVEIKATOS APSAUGOS MINISTRAS**

**ĮSAKYMAS  
DĖL VAIKŲ MAITINIMO ORGANIZAVIMO TVARKOS APRAŠO  
PATVIRTINIMO**

2011 m. lapkričio 11 d. Nr. V-964  
Vilnius

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- Nutrition standards for school meals:

Fresh meals everyday.

Fruits and vegetables everyday.

Priority to ecological, high quality products.





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## No forbidden food products:

(**chips**, other products **cooked in fat**, fried or popped; **sweets**; **chocolate** and chocolate products; **ice cream**; dairy products and confectionery with **icing**, **frosting**, chocolate or **cream**; chewing gum; **carbonated drinks**; **concentrates of broths**; products **rolled in breadcrumbs**, strips caught in the Baltic Sea, products containing **partially hydrogenated vegetable fats**; **smoked fish**, **GMO** etc.)





# No forbidden food additives.

Vaikų maitinimo organizavimo tvarkos aprašo  
3 priedas

## MAISTO PRIEDŲ, KURIŲ NETURI BŪTI VAIKAMS MAITINTI TIEKIAMUOSE MAISTO PRODUKTUOSE, sąrašas

### 1. Dažikliai:

1.1. E 102	tartrazinas;
1.2. E 104	chinolino geltonasis;
1.3. E 110	saulėlydžio geltonasis FCF, apelsinų geltonasis
1.4. E 120	košenilis, karmino rūgštis, karminas;
1.5. E 122	azorubinas, karmosinas;
1.6. E 123	amarantas;
1.7. E 124	ponso 4R, košenilis raudonasis A;
1.8. E 127	eritrozinas;
1.9. E 129	alura raudonasis AC;
1.10. E 131	patentuotas mėlynasis V;
1.11. E 132	indigotinas, indigokarminas;
1.12. E 133	briljantinis mėlynasis FCF;
1.13. E 142	žaliasis S;

### 2. Konservantai ir antioksidantai:

2.1. E 200	sorbo rūgštis;
2.2. E 202	kalio sorbatas;
2.3. E 203	kalcio sorbatas;
2.4. E 210	benzenkarboksirūgštis;
2.5. E 211	natrlio benzoatas;
2.6. E 212	kalio benzoatas;
2.7. E 213	kalcio benzoatas;
2.8. E 220–228	sieros dioksidas ir sulfitai.

### 4. Aromato ir skonio stiprikliai:

4.1. E 620	glutamo rūgštis;
4.2. E 621	mononatrio glutamatas;
4.3. E 622	monokalio glutamatas;
4.4. E 623	kalcio glutamatas;
4.5. E 624	monoamonio glutamatas;
4.6. E 625	magnio glutamatas;
4.7. E 626	guanilo rūgštis;
4.8. E 627	dinatrio guanilatas;
4.9. E 628	dikalio guanilatas;
4.10. E 629	kalcio guanilatas;
4.11. E 630	inozino rūgštis;
4.12. E 631	dinatrio inozinatas;
4.13. E 632	dikalio inozinatas;
4.14. E 633	kalcio inozinatas;
4.15. E 634	kalcio 5'-ribonukleotidai;
4.16. E 635	dinatrio 5'-ribonukleotidai.

No high fat food, too sweet or salty food.

Food product's frequency table.



#### LEIDŽIAMAS CUKRŲ, DRUSKOS IR PRIVALOMAS SKAIDULINIŲ MEDŽIAGŲ

Eil. Nr.	Maisto produktai ar patiekalai	Cukrų kiekis (g) ne didesnis nei/100 g (ml)	Druskos kiekis (g) ne didesnis nei/100 g (ml)	Skaidulinių medžiagų (g) ne mažesnis nei/100 g
1.	Mėsos ir žuvies (išskyrus silkę) patiekalai ir gaminiai	3	1,7	-
2.	Silkė	5	2,5	-
3.	Pieno gaminiai			
3.1.	Jogurtai, varškės gaminiai	10 <sup>2</sup>	1	
3.1.1.	Jogurtai ir varškės gaminiai su vaisiais ar uogomis	10 iš jų 0 pridėtinių cukrų	1	-
3.2.	Sūriai		1,7	

#### VAIKAMS MAITINTI TIEKIAMŲ MAISTO PRODUKTŲ IR PATIEKALŲ DAŽNUMAS<sup>1</sup>

Maisto produktai ir patiekalai <sup>2</sup>	Visos paros maitinimas	Trys maitinimai per dieną	Vienas arba du maitinimai per dieną
1. Patiekalai iš raudonos mėsos	Ne daugiau kaip 2 kartus/sav.	Ne daugiau kaip 2 kartus/sav.	Ne daugiau kaip 2 kartus/sav.
2. Patiekalai iš baltos mėsos	Ne daugiau kaip 3 kartus/sav.	Ne daugiau kaip 3 kartus/sav.	Ne daugiau kaip 2 kartus/sav.
3. Termiškai apdoroti mėsos gaminiai	Ne daugiau kaip 2 kartus/sav.	Ne daugiau kaip 1 kartas/sav.	Ne daugiau kaip 1 kartas/sav.
4. Termiškai neapdoroti mėsos gaminiai	Ne daugiau kaip 1 kartas/2 sav.	Ne daugiau kaip 1 kartas/2 sav.	Ne daugiau kaip 1 kartas/2 sav.
5. Žuvis ir žuvies patiekalai	Ne mažiau kaip 1 kartas/sav.	Ne mažiau kaip 1 kartas/sav.	Ne mažiau kaip 1 kartas/sav.



Program for promoting the consumption of fruits and vegetables and milk and milk products in children's educational institutions.

- **Increase the consumption** of fruits and vegetables, milk and milk products.
- To **instill in children an understanding** of the positive health effects of the consumption of fruits and vegetables and milk and milk products;
- To **introduce** children to sustainable agriculture and to **encourage** children to use food sustainably.





## Keyhole symbol

- Less salt.
- Less sugar.
- Less saturated fats.
- More fiber.



*A government's non-commercial system of labeling healthier food products with the "Keyhole" symbol.*

*Products that meet the criteria, may voluntarily and free of charge label them with this symbol.*



KLAIPĖDOS MIESTO  
VISUOMENĖS  
**SVEIKATOS BIURAS**

# CHILDHOOD AND ADULTHOOD OBESITY. OBESITY PREVENTION IN LITHUANIA

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