



GLOBAL WELLNESS
SUMMIT 2017



Wellness for Everyone.

Emphasizing Happiness, Kids and Love

Beling Aksoy Berkin, Creative Director, Richmond International & Founder, Global Wellness Day, Turkey



GLOBAL WELLNESS DAY[®]

"One day, can change your whole life!"

www.globalwellnessday.org

OBESITY

IN INFANTS TO PRESCHOOLERS



1 IN 3 CHILDREN
and adolescents, ages 2-19,

ARE OVERWEIGHT OR OBESE
and nearly **NONE** meet healthy diet
and physical activity recommendations.

FACT
An estimated **12.6 MILLION CHILDREN**, ages 5
years or younger, spend **33 HOURS PER WEEK** in
CHILD CARE SETTINGS where they may
CONSUME MOST OF THEIR DAILY CALORIES.

OBESITY is linked to
MORE CHRONIC CONDITIONS THAN:



Increasing the **RISK** of more than **20 PREVENTABLE
CONDITIONS**, including sleep apnea, asthma, heart
disease, Type 2 diabetes, osteoarthritis, high blood
pressure and high cholesterol stroke.

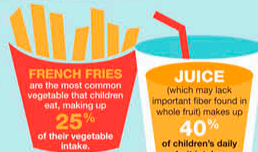
RISK FACTORS

- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

OBESITY MAY BE PREVENTED BY



©2013, American Heart Association 710307001



FRENCH FRIES
are the most common
vegetables that children
eat, making up
25%
of their vegetable
intake.

JUICE
(which may lack
important fiber found in
whole fruit) makes up
40%
of children's daily
fruit intake.

Between **40%**
and
50%

OF TODDLERS
ages 12- to 35-months-old,
watch **MORE** television
than is recommended.

Nearly **1/2** OF **PRESCHOOL-AGED CHILDREN**
DON'T get enough
PHYSICAL ACTIVITY.

The **COST** of obesity
in the United States is staggering, totaling about
\$147 billion.

Children who **EAT HEALTHY FOODS** and
GET DAILY PHYSICAL ACTIVITY have:

- **FEWER SCHOOL ABSENCES**
- **HIGHER ACADEMIC ACHIEVEMENT**
- **HIGHER SELF-ESTEEM**
- **FEWER BEHAVIORAL PROBLEMS**

DEVELOPMENTALLY, BIRTH TO AGE FIVE,
is an important time to **TEACH** children to
PREFER HEALTHY FOODS and
DEVELOP GROSS MOTOR SKILLS,
setting positive patterns and habits.

heart.org/healthierkids

93%
Full remission of initial depressive disorder

19%
Within 2 years
Recurrence of initial depressive disorder

40%
Within 4 years

What happens to depressed adolescents?

Melvin GA, Duxley AL, Gordon MB, et al. What happens to depressed adolescents? A follow-up study into early adulthood. J Affect Disord. 2012;151:296-305.

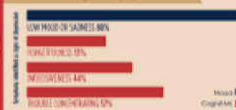
DEPRESSION

More than
350 million
people suffer from depression worldwide!

94% OF THE TIME

Cognitive symptoms cause
significant impairment
in work function
and productivity*

Awareness of cognitive symptoms is low*



ONE IN TEN WORKING PEOPLE HAVE TAKEN TIME OFF WORK BECAUSE OF DEPRESSION!

36 THIS EQUATES TO MORE THAN
21,000
DAYS OF LOST WORKING TIME!

The costs of depression in the EU in 2010 were estimated at

€92 BILLION

59% of costs are indirect such as lost work productivity, due to e.g. sick leave and early retirement!

OVER HALF (56%)
of people with depression do not receive the treatment they need!

43%
of managers call for better policies and legislation to protect employees*

15% fail to achieve full resolution of depressive symptoms after four established treatments!



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