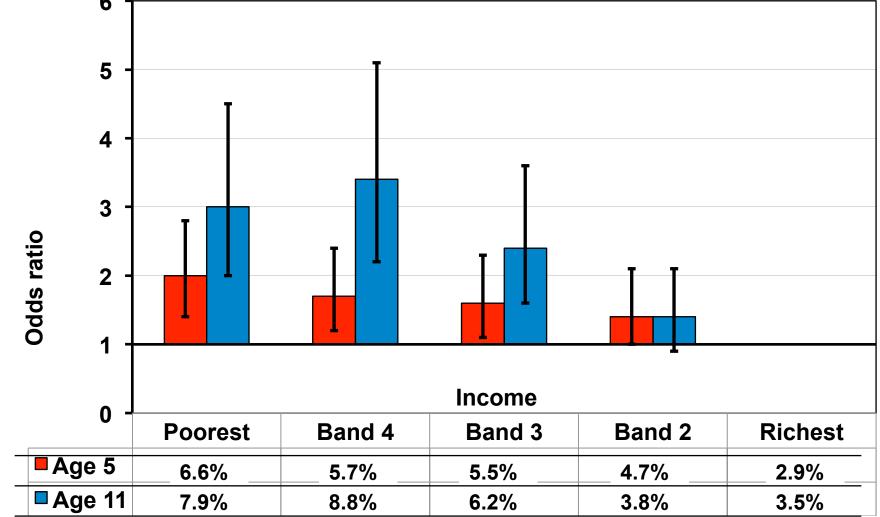
### 

# Why are poorer children at higher risk of obesity?

Yvonne Kelly International Centre for Lifecourse Studies in Society and Health (ICLS) <u>www.ucl.ac.uk/icls</u> @icls\_info @childofourtime

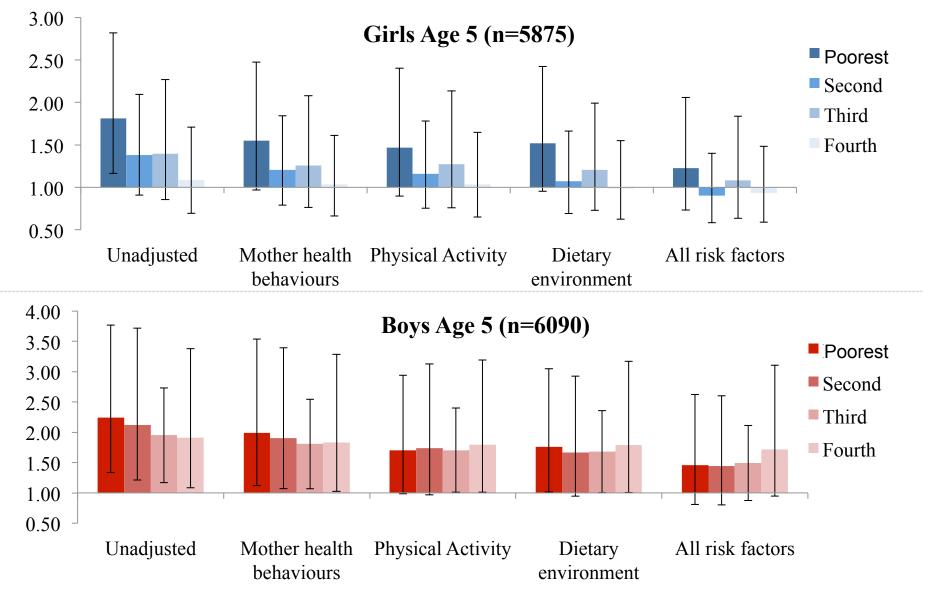


## Income gap in the risk of obesity at 5 & 11 years of age



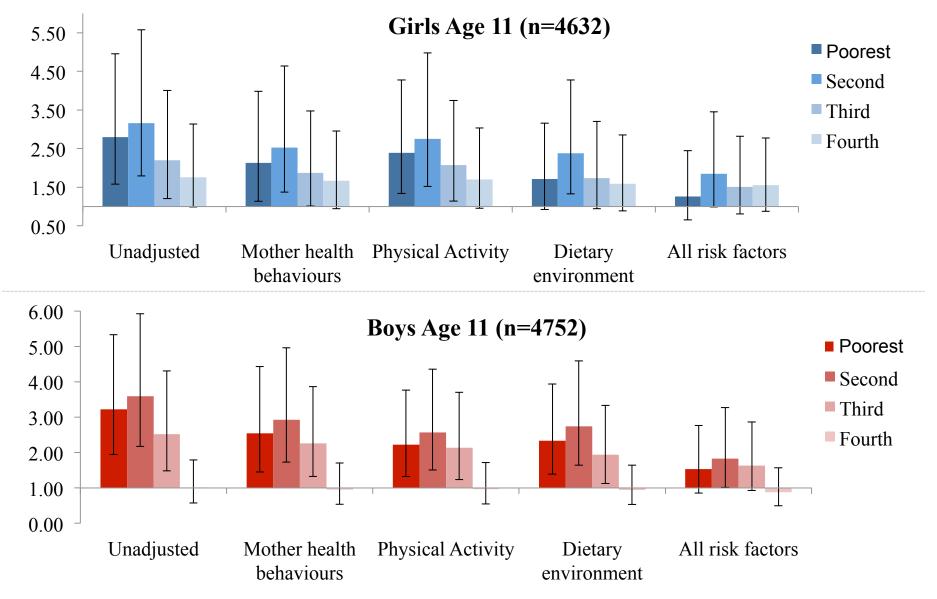


#### **Obesity Age 5**



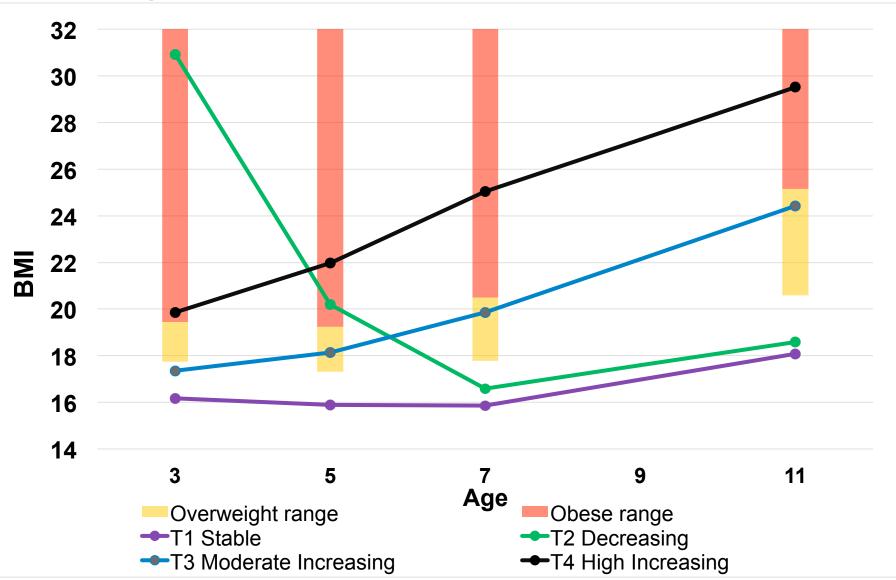


#### **Obesity Age 11**





#### **BMI trajectories in childhood**





#### **Predictors of increasing BMI trajectories**

- Smoking during pregnancy
- Maternal BMI
- Skipping breakfast
- Sleep schedules



## Psychosocial correlates of *increasing* BMI trajectories

- Socioemotional difficulties
- Low self-esteem
- Exploratory behaviours (drinking, smoking)
- Unhappiness (including with appearance)



#### Summary

- Risk of child obesity is socially patterned
- Magnitude of inequalities **widened** across childhood
- A range of pathways link family socioeconomic circumstances to child obesity
  - Physical activity and dietary patterns most important, but markers of early health behaviours were not irrelevant
  - Pathways through early life potentially accumulate
- Unhealthy BMI trajectories are linked to worse
  psychosocial functioning





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