



**Pennington Biomedical
Research Center**
Louisiana State University



Be the Reason

Annual Childhood Obesity Conference

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Welcome to Pennington Biomedical



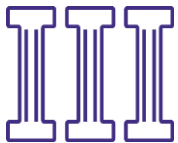
Understanding the biologic basis of chronic conditions like obesity, diabetes and more.



Developing effective treatment approaches.



Developing effective preventive programs.



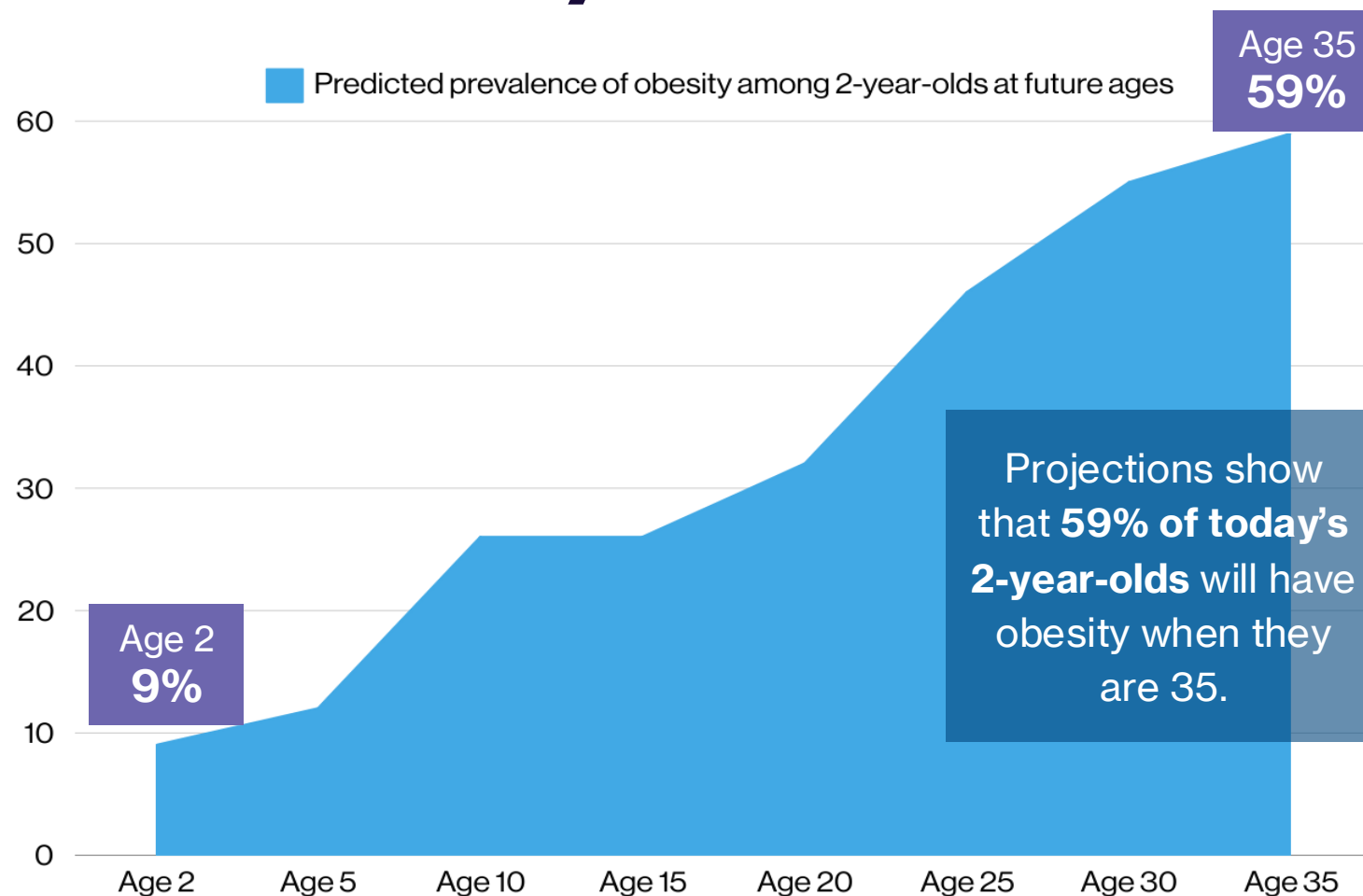
Key pillars of good health: nutrition, physical activity, sleep and behaviors.



State of Childhood Obesity

Peter Katzmarzyk, PhD, FACSM, FAHA, FTOS

Childhood Obesity: What's the Problem?



Childhood Obesity: Complications

Psychological Difficulties

- Poor self-esteem
- Depression
- Eating disorders

Pulmonary

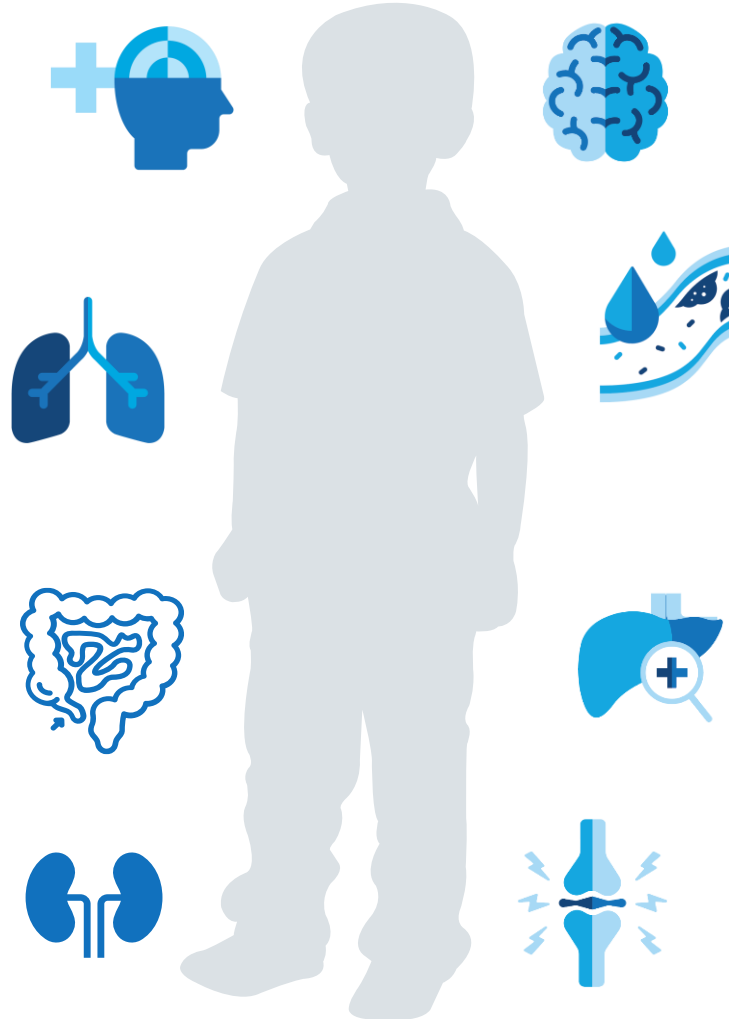
- Sleep apnea
- Asthma
- Exercise intolerance

Gastrointestinal

- Gallstones
- Steatohepatitis

Renal

- Glomerulosclerosis



Neurological

- Idiopathic intracranial hypertension

Cardiovascular

- Dyslipidemia
- Hypertension
- Coagulopathy
- Chronic inflammation
- Endothelial dysfunction

Endocrine

- Type 2 diabetes
- Precocious puberty
- Polycystic ovary syndrome (girls)
- Hypogonadism (boys)

Musculoskeletal

- Slipped capital femoral epiphysis
- Blount's disease
- Forearm fracture
- Flat feet

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Pelican Pulse



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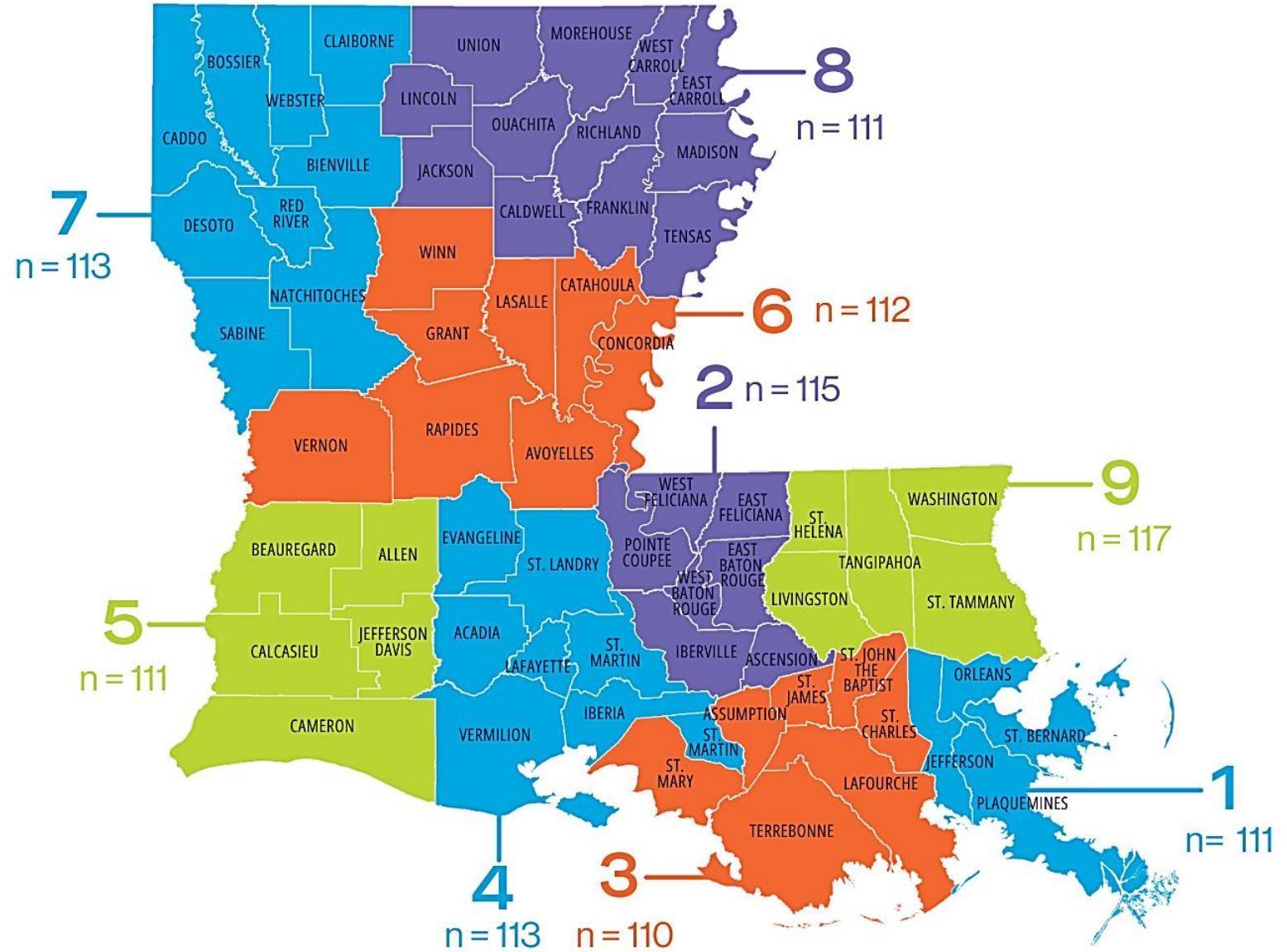


Pelican Pulse

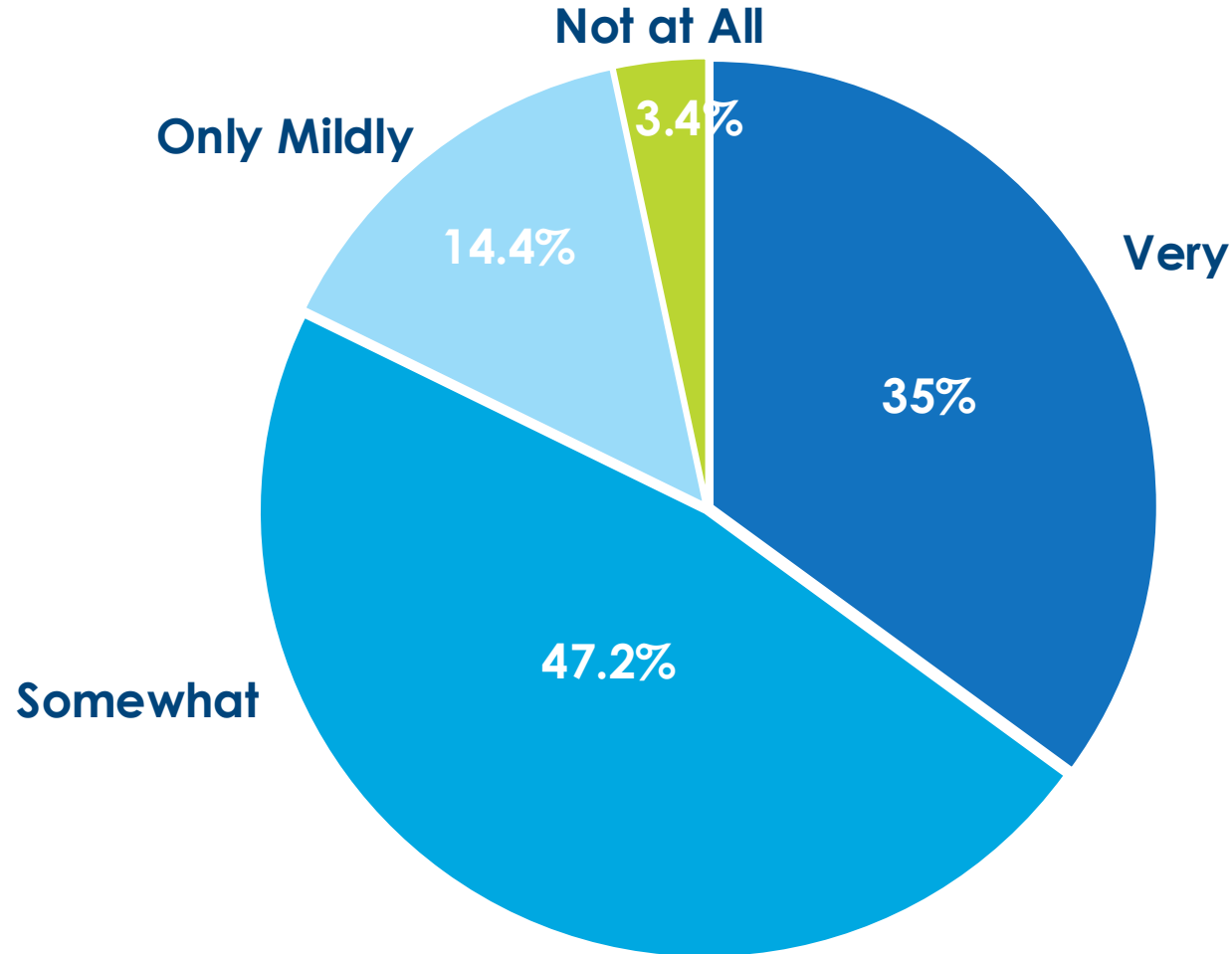
A telephone survey of 1,013 Louisiana families was conducted between February and March 2025.



Distribution of the 1,013 Louisiana parents who participated in the Pelican Pulse survey by Louisiana Department of Health Region

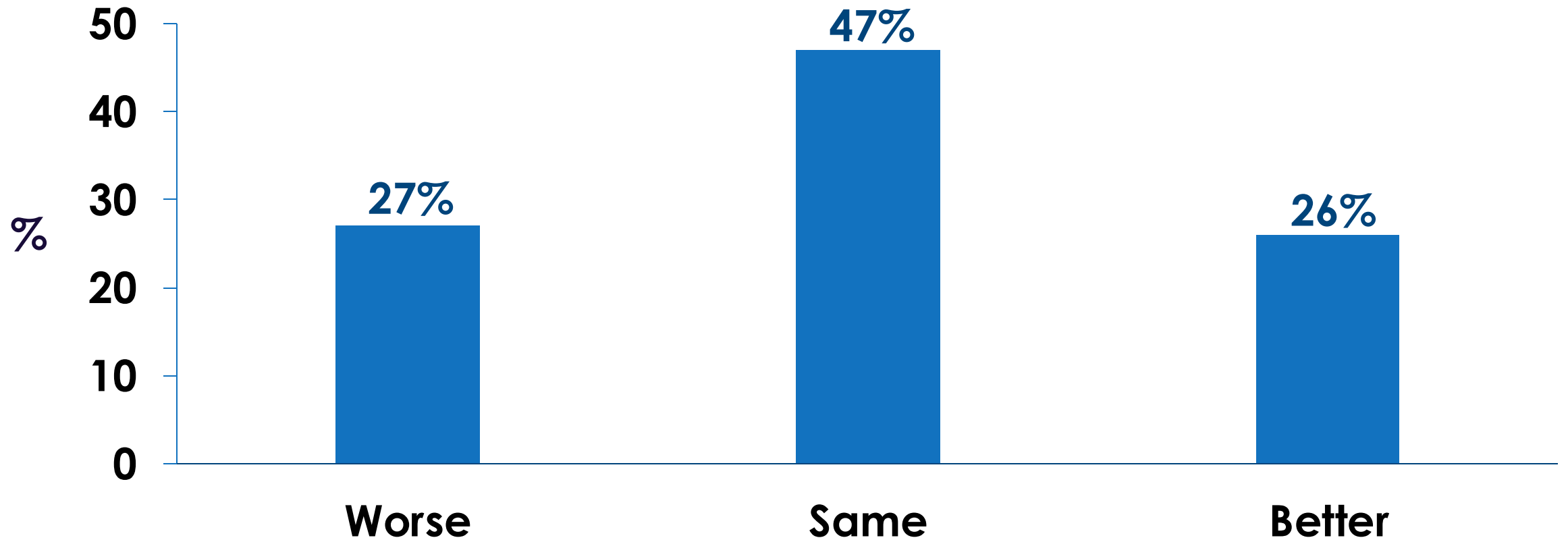


How concerned are you personally about obesity rates among children in Louisiana?

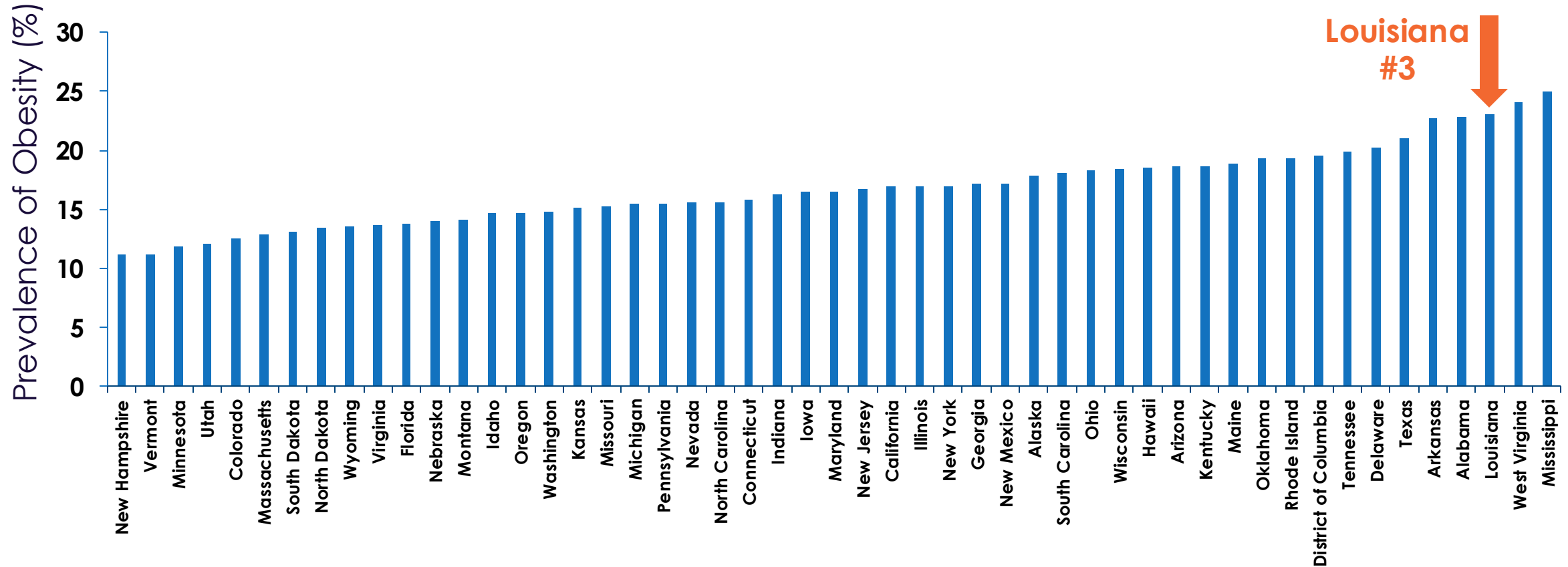


~82% of parents
are “very”
or “somewhat”
concerned

In your opinion, is childhood obesity in Louisiana worse than in other states, about the same as other states or better than in other states?



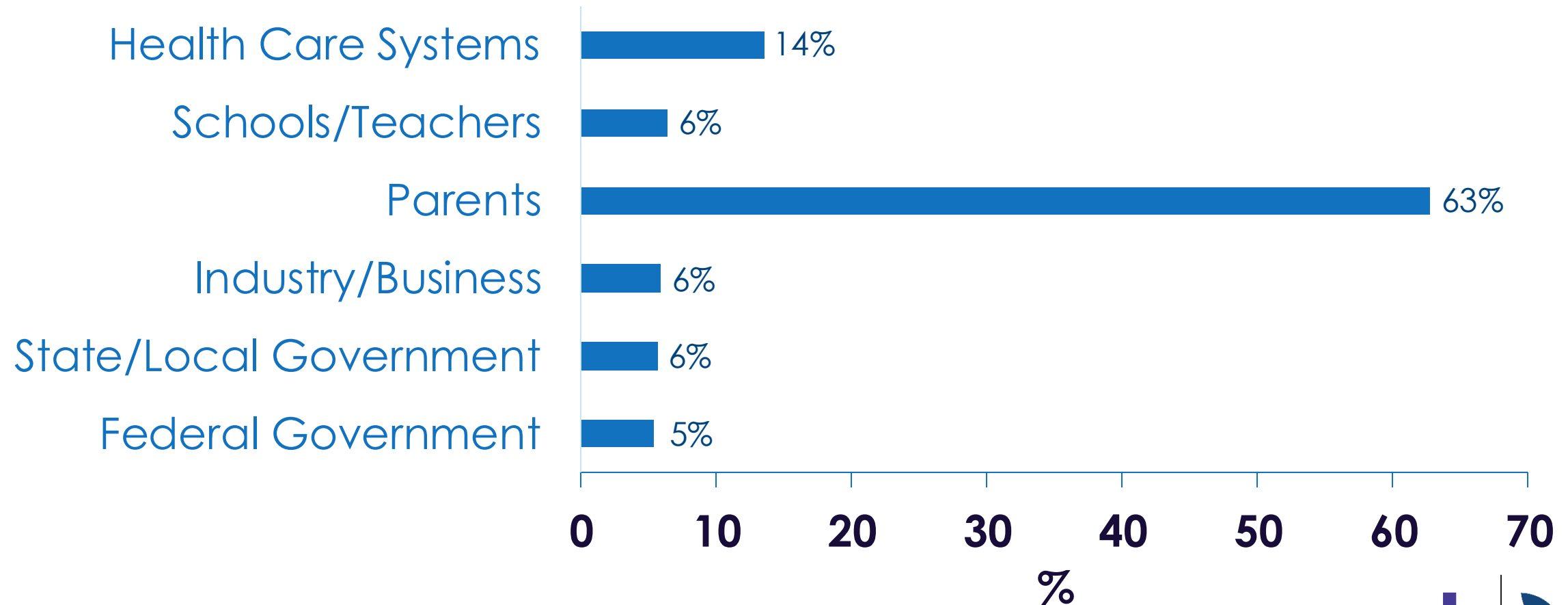
Childhood Obesity by State, 2022-2023



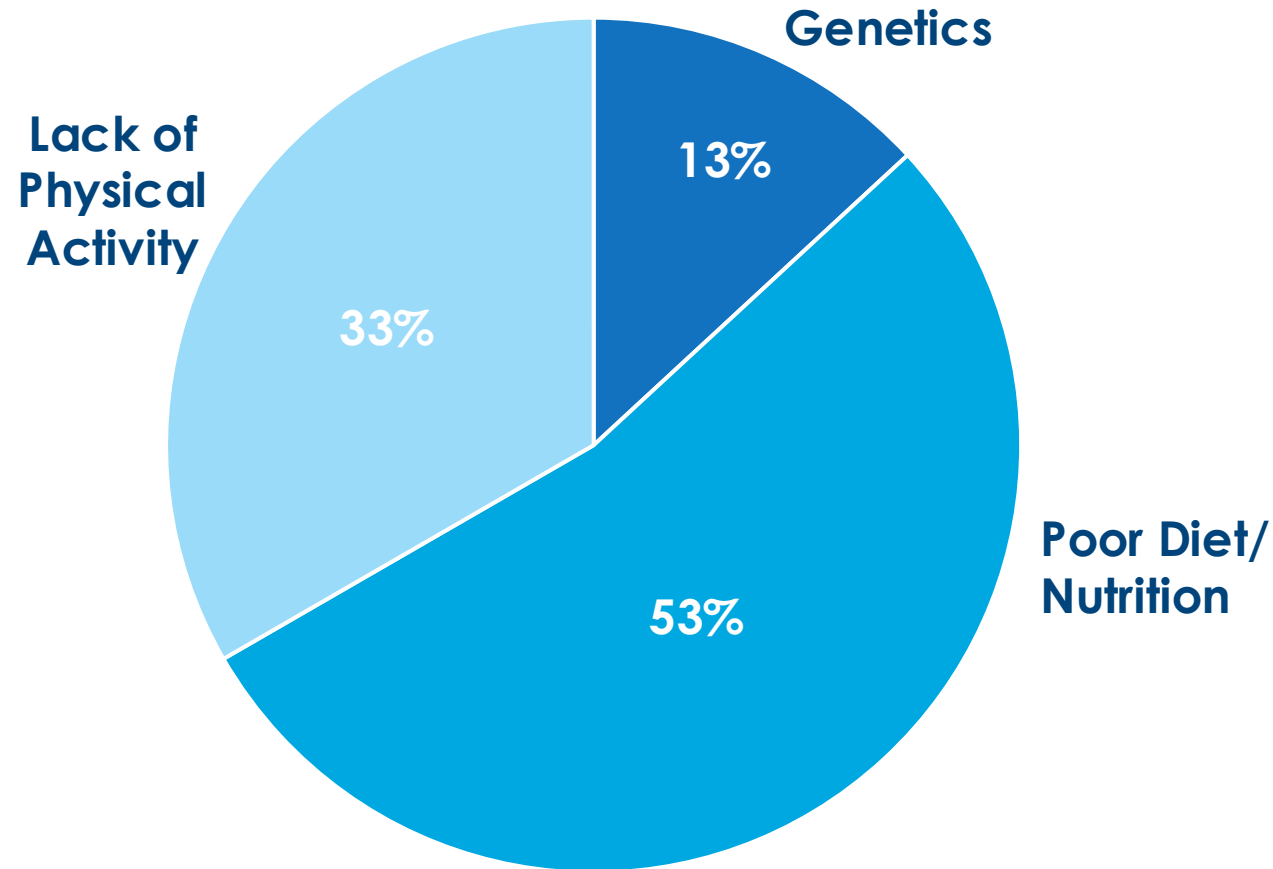
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Which single entity should be most responsible for solving the problem of childhood obesity?



In your opinion, what is the primary cause of childhood obesity?



Introducing Greaux Healthy

Melissa Martin, MBA, RDN, LDN

Tackling Childhood Obesity Together



Research



Prevention

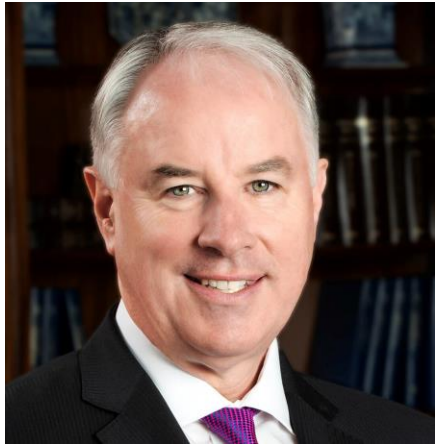


Treatment



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**Greaux
Healthy** 
Pennington Biomedical



John Kirwan
MSc, PhD, FACSM



Catherine Champagne
PhD, RDN, LDN



Peter Katzmarzyk
PhD, FACSM, FAHA,
FTOS



Corby Martin
PhD, FTOS



Robert Newton
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Leanne Redman
MS, PhD



Philip Schauer
MD, FACS, FASMBS,
DABOM



Amanda Staiano
PhD



Tiffany Stewart
PhD



Stephanie Waldrop
MD, MPH

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Pennington Generation

Pennington Generation is a research study aiming to study the life course trajectory of lifestyle behaviors and their relationship with the development of unhealthy weight gain among Louisiana children and their families.

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Growing Healthier Generations for Louisiana

In Schools:

Health education with hands-on learning experiences and activities in schools and childcare centers.



Growing Healthier Generations for Louisiana

At Home:

Digital tools, resources, and mobile apps to teach and support healthy lifestyles for everyone in the home.



Growing Healthier Generations for Louisiana

At the Doctor:

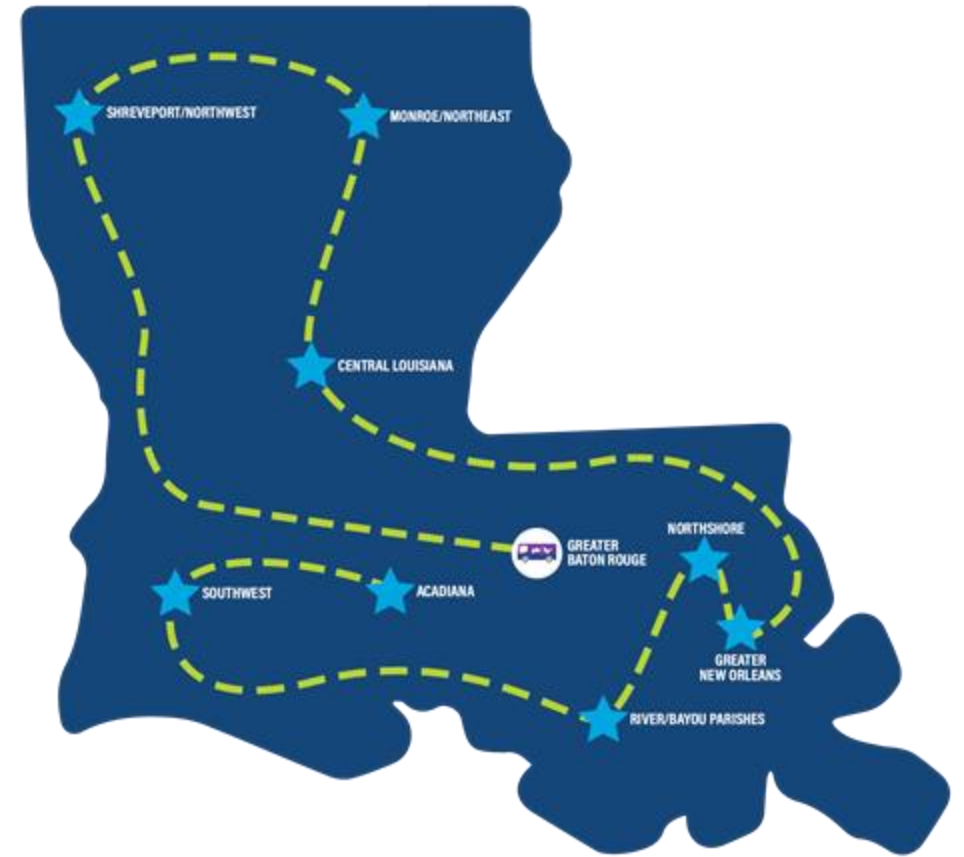
Healthcare provider education
and evidence-based practices
for effective childhood obesity
prevention and treatment.



Statewide Road Sheaux Tour

Greaux Healthy is meeting you where you are with the Healthy Moves bus.

Over the next 8 months, we will complete visits to all of the state's 9 health regions sharing resources, building support, and inspiring communities to grow healthier generations.



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