

ISSUE 3**OCTOBER 2022**

THE ARIF TIMES

Achieving Resilient and Inspiring Families

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Welcome to The ARIF Times

This is part of the Temasek Foundation Project ARIF (Achieving Resilient and Inspiring Families) which is a pilot programme for pre-marital, newlyweds or married couples.

The ARIF Times aims to complement our SaturDATE with ARIF webinar series and engagement sessions at Project ARIF Resource Centres.

In this issue, we share about gestational diabetes mellitus(GDM). In all pregnancies, we advocate oral glucose tolerance testing(OGTT) at about 24 to 28 weeks gestation, earlier for some, if there are any significant risk factors. The result of OGTT is made available on your Health Buddy App. The main aim is to prepare our body well pre-pregnancy and work on ways to avoid GDM. Even if diagnosed with GDM, good diet control and monitoring are essential. Be compliant with your antenatal visits with your Diabetic Team.

Healthy eating in adults and children can prevent obesity and GDM in future.

IMPACT OF GDM ON MOTHER, PREGNANCY & BABY

Mother

- Regular blood glucose monitoring throughout pregnancy, and labour
- Multidisciplinary team management: Dietitian, Diabetic Nurse Educator, dedicated diabetic doctors
- Monitor diet intake and keep active
- If your glucose levels are high, you may require additional medications and/or insulin injections
- OGTT will be done post delivery to ensure that GDM has resolved

Pregnancy

- The risks of early delivery prematurely and preterm prelabour rupture of membranes (PPROM) are higher
- The risks of developing pregnancy induced hypertension or pre-eclampsia are higher
- The chances of you having an induced labour or a caesarean section are higher

Baby

- Being bigger size than average
- Higher risk of shoulder dystocia (where your baby's shoulders get stuck during birth)
- Higher risk of stillbirth(uncommon)
- Needing additional care once born, possibly in the neonatal ICU
- Being at greater risk of developing obesity and developing type 2 diabetes in later life

Risk Factors

Body Mass Index(BMI) > 30
Previous baby $\geq$ 4.5kg
Family History of DM
Had GDM in previous pregnancies
Asian

How to prevent

Modify BMI
Eat Healthy
Exercise
Ensure pre-pregnancy sugars are good before next pregnancy

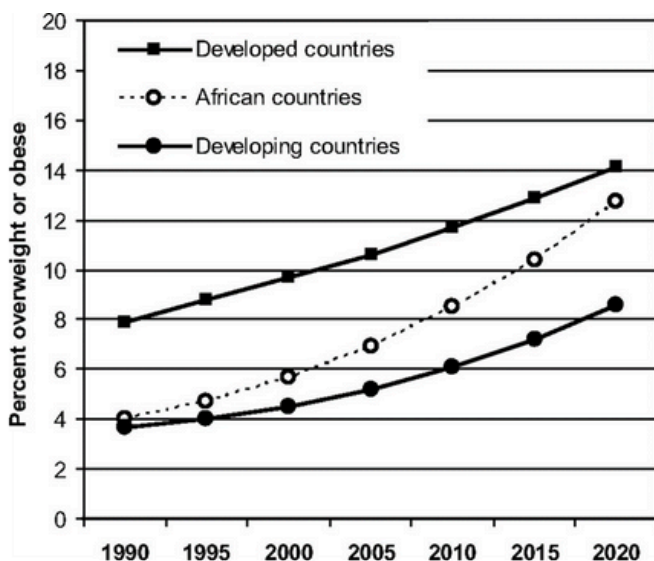
Obesity in Children

Body Mass Index (BMI) is one of the most important health indicators. It is calculated by weight(kg) divided by height² (in metres). Childhood obesity is defined as BMI > 90th percentile by 18 months of age.

The proportion of overweight school children in Singapore has increased from 13% in 2017 to 16% in 2021.

7 in 10 children who are overweight by 7 years old will remain overweight or obese when adults.

Worldwide prevalence of obese and overweight children



Lakshman R, Elks CE, Ong KK. Childhood obesity. Circulation. 2012 Oct 2;126(14):1770-9.



The 0 to 4 steps to achieve a healthy BMI (for 1 to 3 year olds)

0

ZERO sweetened beverages.
Breastmilk or drink water to quench thirst

1

ONE hour of screen time per day, ideally high quality programmes under supervision.

2

TWO servings of fruits and vegetables

3

THREE hours spent per week in movement and physical activities.
Boost concentration skills and attention span.
Develop motor skills.
Build healthy bones and muscles.

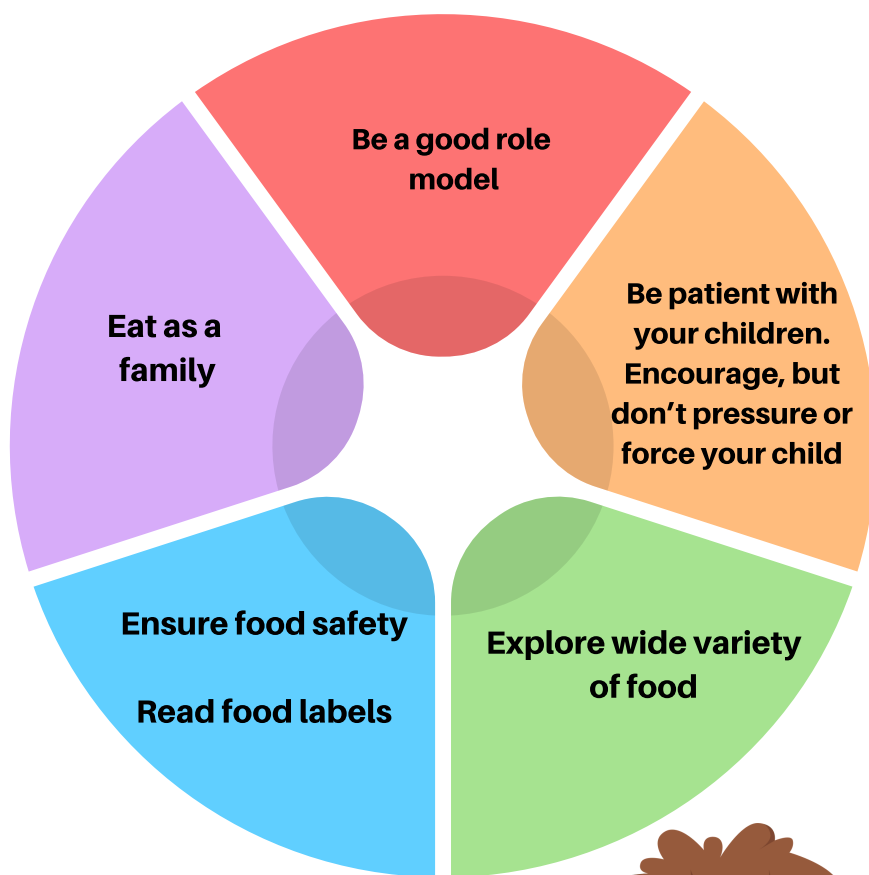
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FOUR healthy mealtime habits:

1. Home-cooked meals
2. Self-feeding with supervision, without distractions
3. Healthy snacks at regular times
4. Omit night milk feeds

Nurturing Healthy Eating Habits in Children

Healthy eating must start from young. Habits can be cultivated to ensure that we become healthy individuals with normal BMI. BMI is the only risk factor which can be modified for various medical conditions like GDM. For our children to eat well, we parents must eat well first too. Good parenting starts with us. We, parents are their ultimate role model!



Healthy Eating in Children

In children, it is important to develop good habits as they grow older. Develop an environment where children are seated as a family with the adults, allowing them to experience new food progressively and encouraging conversations/engagements during mealtimes.

Monitor the timing of snacks and meals. For picky eaters, involve them in preparation of meals. Make it fun. Adults can be creative in the presentation of food.

Healthy Eating In Children



Being healthy is a priceless gift. It is a blessing, as well as a goal that we can also work towards because taking care of our body is a responsibility.

Cultivating healthy eating habits in our children begins as early as before conception, during pregnancy, or even before marriage. The consumption pattern of eating good nutritional food of both husband and wife is as important as nurturing good eating habits in our children later in their growing years. Our habits define who we are.

Our children's habits begin with us.

What kind of attitudes towards food should we have, so that our children can learn by observing us?

Find

B.L.E.S.S.I.N.Gs

in the food in front of us.



B

Barakah, or blessings.

In addition to *halal* (permissible food) and *toyyiban* (good and healthy), we must ensure that our food is blessed. One of the signs of a blessed food is that we complete our meal.

L

Less is more.

To ensure that we will finish our food, remember what was taught by our Prophet Muhammad that *the food for two persons is sufficient for three, and the food of three persons is sufficient for four persons* (Narrated by Bukhari 5392)

E

Environment.

Create a positive healthy eating environment for your family. Set routines such as 'No Snack' right before meals, or 'Fruits are yummy desserts!'

S

Share the Food.

One of the many ways to attain blessings in our food is to share them!

S

Sit and Eat.

Part of good etiquette in eating is to sit down. Wash your hands, take a sit, recite the prayers and enjoy the food. Remember, running or playing while eating can cause a child to choke.

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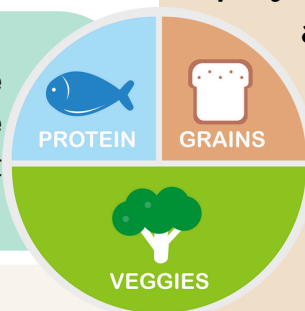
Ingredients.

Make a habit to read the ingredients of the food you are purchasing or about to eat. You are what you eat, so be aware of what you put in your body. For young children, invite them to identify the Halal or Healthier Choice logo.

N

Nutritional plate.

Introduce the Healthy Eating Plate vocabulary as part of your family's mealtime conversation. Invite your children to assist you in categorising the food on their plate.

**Gratitude.**

Cultivate thankful attitude towards the food in front of us. Slow down and notice what you are eating. Eat happy and create a joyful experience at the dining table so children look forward to meal times! (this also means.. No fighting during meal time)

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