

**„M&R Genesis Clinic”**  
***European Centre of Obesity Treatment for Children and Adults***

00-834 Warsaw, 73 Pańska Street,  
phone/fax. 0-22 31 47 170  
e-mail address: ewamatyska@wp.pl  
mobail phone: + 48 501 077 630

## **General information about Centre**

### **CONSULTANTS**

Centre employ:

- Physicians specialised in: endocrinology, paediatrics, general practitioners, family medicine,
- Dietician,
- Psychologists,
- Rehabilitates

All consultants has many years experience in obesity treatment with children and adults.

### **THERAPEUTICAL ACTIVITY IN OVERWEIGHT AND OBESITY**

Centre created own, complex project of treatment based on long time observation of sliming people. All visits in Centre are established on the strict time schedule. Thanks realisation of project patients changing for good theirs life style and duration of yo-yo effect is diminishing.

Using methods adjusted to the type and reason of obesity in every particular case we are presenting individual plan and range of therapy to the patient.

At the first visit specialize physician judging:

- General health condition,

- Coexisting diseases,
- Emotional mode,
- Reason of increase body mass,
- Composition of body mass,
- Risk of possible diseases associated with obesity.

Next visits proceeding according to the individual plan adjusted to the every patient. We are educating them how to lead healthy life style.

Beside dietetic consultancy patients take part in meetings with psychologists and rehabilitants.

Furthermore, twice a month we are running “support groups” and patients take part in it even they already finished individual program. These meetings highly increasing patients motivation to carry on the full programme.

We are taking care about children as well as adults. It’s very important because obesity thru many children are based on bad eating habits at parents homes.

Often, whole family coming to our Centre asking to help them to change theirs life style.

## **PREVENTIVE ACTIVITY**

### **SCHOOLS**

In consideration of increasing problem with obesity in children and adults population, European Centre of Obesity Treatment began preventive activity against this disease. At the moment we are working with chosen primary and secondary schools in Warsaw. We are acting in two ways – educations covering children at the schools and parallel we educate theirs parents how the healthy nutrition should looks like. Educational programs for the schools are running by

consultants from our Centre for free. Thanks a great personal involvement of directors and teachers of this schools in our program for healthy life style bringing very good effect for children.

What we do to increase effect of our program for healthy life in children:

- We organize meetings with dietetics for children at school during their lesson hours. Methods and information presented to them are adjusted to their age.
- At the same time their parents taking part in presentations regarding general nutrition rolls at daily home life and health danger of children obesity. We observe a big interest about this subject among parents. Usually they are very busy at their daily work but once a month they are coming to school for regular meetings to get information about children's education progress. This is opportunity for us to take their attention for short presentation.

## **COMPANIES**

We are working with chosen companies in Warsaw. Management in many companies is very interesting in promoting healthy life style among employs. Willingly organise meetings with consultants from European Centre of Obesity Treatment during working hours (usually at the end of a day). Attendance is often very high.

Our consultants educate employs in:

- rules of rational nutrition,
- basic rules of low calorie diet,
- value of physical activity,
- harmful effect of using condiments for organism,
- how to get along with stress (people often trying to discharge highly emotional strung by eating to much).

In April 2006 European Centre of Obesity Treatment starting new campaign for companies we are working with. One day in week people can come and get individual dietary advise and check theirs healthy condition for free.

## **MEDIA**

European Centre of Obesity Treatment cooperate with national pro healthy magazines. Our consultants educate people by giving interviews and preparing articles about healthy lifestyle.

Actually we are preparing together with the big national magazine ‘Super Linia’ (specialized in promoting healthy lifestyle and proper body mass) a very wide information material regarding children obesity and form of prevention.

Consultants from our Centre are attending meetings at national broadcasting radio station talking about healthy lifestyle.

**“Promoting healthy diets and physical activity: a European dimension for the prevention of overweight, obesity and chronic diseases”**

*European Centre of Obesity Treatment in Warsaw participation proposals in realization of postulate mentioned in “Green Paper”.*

**Centre has already accurate experience in a range of educational activities regarding promoting health diet and physical activities, preventing overweight, obesity and chronic diseases.**

We would like to join our Centre to realization of EU programme in the field of improving public consciousness regarding healthy lifestyle and prevention of overweight and obesity.

Centre can actively participate in realization of the following aims pointed in the “Green Paper”:

**V.3. To pay special attention for children and teenagers „M&R Genesis Clinic” European Centre of Obesity Treatment for Children and Adults can take actions in sphere of prevention overweight, obesity and diseases related to it, inter alia by: preparing and realization programme of nutritional education at the primary and secondary schools and companies on the regional (Mazovia) level. Our Centre is well prepared to this activity.**

Nutritional Education programme for schools contain certain lectures for children and their parents given by consultants from our Centre (dietetics and physicians).

Meetings for parents will concern subjects like:

- **Principles of the proper children nutrition at the different develop stage.**  
Our main goal is to convince parents how important role has proper composed, full valued and regular meals. We will talk about different groups of nutritional products and which of them play most important role in the children daily diet and which they should not eat,
- **Parents role in formation of the children proper nutritional habits.**  
Our assignment is to explain to parents how their mistakes in nutrition and unhealthy lifestyle influence children behaviour,
- **Role of Physical activity in formation of pro-healthy behaviour.**  
We will countenance parents to spend more active their free time together with children (family excursions, cycling and different form of join physical activities),
- **Consequences of incorrect nutrition leading to proliferation of civilisation diseases with especial underlining obesity risk.**  
Our aim is explanation mechanism of formation obesity and factors having strong impact for it's develop.

Lectures prepared for children has simplified form and will contain :

- Power Point presentation regarding principles of correct nutrition, generally based on visual message like drawings, photographic to make presented knowledge easier understand by children;
- Games and competitions about nutrition which motivating children to take more active part in presentation.
- Practise exercises in preparing salads, sandwiches or cakes witch are not only healthy but as well tasty and look nice. Children will be able to take the samples and recipe home and let family valuate their own work.

Centre would like to have impact on range of the products offered in school shops. Our consultants will analyse product list in every shops in primary and secondary schools in our region. We will suggest to eliminate from all school shops products which has low nutritional value (i.e. high energy products which doesn't contain necessary nutritional components (such as salty, fatty or sweet snacks, sugar-sweetened soft drinks, and others) Moreover we will suggest other activities to limit access to unhealthy food – eliminate from school automats with soft drinks and snacks. At the same time we'll propose to offer children in school shops full valued and healthy products which can be used as the “second breakfast” such as yoghurts, sandwiches salads and others. We will do our best to offer in schools such a meals which are prepared according to the right and healthy nutrition rules. Our activities in this field will focus on elaboration examples of healthy, tasty and nutritional full voluble meals which will be useful for schools staff and as an example for preparation home meals for children.

Dietetic consultants from Centre will prepare programme for teaches how to organise and carry through lessons about proper meal composition (breakfast, second breakfast, dinner, evening meal and supper) from chosen food products.

Next goal of our activities in popularisation of healthy lifestyle will be as well increasing daily physical activities thru active participation in exercises organised not only on the obligatory lessons but as well in after school additional extracurricular sport and games. We will do our best to make easier access for children to swimming pools, sport halls to play tennis football etc. We will encourage school management and teachers to organise sport competitions and games for children.

#### **V.4. Food accessibility, physical activities and healthy education at the workplace.**

V.4.1. Working place has a great possibility to promote healthy nutrition and physical activities.

Centre can elaborate full programme to promote healthy lifestyle at the companies and take carry on running it in our region. Those activities should goes in two ways and cover employers and employees.

## EMPLOYEES

Our task in realisation of the promoting of healthy lifestyle programme at the working place will be make lectures about:

- **Rules of proper nutrition of adults.** Our task will be presentation of the food products groups representing different nutrition value according to the norms of demand for particular components.
- **Possibility to fulfil nutrition recommendations for active working people.**

Our goal will be to propose practice solutions how realize healthy nutritional model at the working place.

- **Presentation of results of incorrect nutrition,** with especially compliance to obesity and others diseases direct depend on it: metabolic diseases (diabetic type 2, perturbation in lipid administration), cardio-vascular diseases (hypertension, coronary disesis, heart-failure), hormone dependent cancers (breast, ovary, matrix, prostate) and hormone independent (colon cancer), chronic diseases, gall stone, psychosociopathy (depression).
- **Benefits foregone from healthy lifestyle,** taking into consideration behavioural models transferred into the next generations-children.
- **Physical activities role in** formation of proper pro-healthy behaviours.
- **Increasing consumer consciousness** thru education of understanding nutritional information presented on food products labels.

## EMPLOEEYS

Additional task will be to convict employers how big role play proper nutrition in prevention of civilisation's diseases and at the same time theirs economical consequences (costs related to the sickness absence and direct health care). Our activities are concentrate as well on assurance employees the proper



social conditions at the work-place (separate space for preparing and consuming meals) and to respect breaks in work for the meals.

We would like thru our activities verify products and meals available at workplace canteens. When necessary we will suggest alternative solutions. In our programme employees will have easy access to healthy, tasty and nutrition full valuable meals at workplace canteens.

During our lectures we will encourage employers to negotiate special offer with sport centres in the neighbourhood for employees for chosen forms (swimming pools, tennis, fitness, etc).

## **RECAPITULATION**

„M&R Genesis Clinic” European Centre of Obesity Treatment for Children and Adults in Warsaw having already big experience in education for children and adults, would like to scientific elaborate and execute education programme for children at schools and for adults at workplace in the central region in Poland.

Central region (Polish name Województwo Mazowieckie) data:

Area: 35.579km<sup>2</sup>

Habitants: 5.136.000

Primary schools: 2.069

Secondary schools: 1.300

Companies: 138.000

Your sincerely

Dr Ewa Matyska-Piekarska  
Dr Dariusz Rembisz

*Medical Management of  
„M&R Genesis Clinic” European Centre  
of Obesity Treatment for Children and Adults*

This paper represents the views of its author on the subject. These views have not been adopted or in any way approved by the Commission and should not be relied upon as a statement of the Commission's or Health & Consumer Protection DG's views. The European Commission does not guarantee the accuracy of the data included in this paper, nor does it accept responsibility for any use made thereof.