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The Health of our Children: Putting Weight into Context

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Faculty/Presenter Disclosure

- Presenter: Robin Williams
- Relationships with commercial interests: Not Applicable
“Parents in Ontario want their children to be healthy and happy and to succeed in life. They want them to grow up to be healthy adults and good citizens. Parents told us that physical and mental health - body and mind- are inextricably linked.”

The Great Divide
Obesity and Mental Wellness

http://link.brightcove.com/services/player/bcpid1835313767001?bckey=AQ~~,AAAABNaOSDE~,MV0hcnoQX_kTd8ed4mSztIztph6AcWZo&bctid=2050050620001
Determinants of Mental and Physical Well-Being

- Promote healthy child and youth development
- Develop vibrant, inclusive communities
- Shift cultural norms and promote respect for size diversity
- Implement healthy public policy
- Adopt a whole-of-government approach

The Bell Curve of Life
You Manage What You Measure

“With counting comes a focus on issues, public dialogue and resources”

Hertzman, C. and Williams, R. CMAJ 180 (1): 68, 2009
Considerations

• Address obesity without harm to mental well-being
• Emphasize health rather than pathology
• Broad determinants of health at a population level
• Do no harm (be mindful of the potential consequences of focusing on weight in terms of healthy weight messaging and monitoring)
Create and Innovate
Primum non nocere

Primum non nocere is a Latin phrase that means "first, do no harm." The phrase is sometimes recorded as primum nil nocere.

Non-maleficence, which is derived from the maxim, is one of the principal precepts of bioethics that all healthcare students are taught in school and is a fundamental principle the world. Another way to state it is that, "given an existing problem, it may be better not to do something, or even to do nothing, than to risk causing more harm than good." It reminds the health care provider that they must consider the possible harm that any intervention might do. It is invoked when debating the use of an intervention that carries an obvious risk of harm but a less certain chance of benefit.

Non-maleficence is often contrasted with its corollary, beneficence.

Contents

1 Origin
2 See also
3 References
4 External links

Origin[edit]

The origin of the phrase is uncertain. The Hippocratic Oath includes the promise "to abstain from doing harm" (Greek: ἐπὶ δηλήσει δὲ καὶ ἀδικίῃ εἴρξειν) but does not include the precise phrase. Perhaps the closest approximation in the Hippocratic Corpus is in Epidemics: "The physician must ... have two special objects in view with regard to disease, namely, to do good or to do no harm" (book I, sect. 11, trans. Adams, Greek: ἀσκέειν, περί τὰ νουσήματα, δύο, υφελέειν, ή μὴ βλάπτειν).

According to Gonzalo Herranz, Professor of Medical Ethics at the University of Navarre, Primum non nocere was introduced into American and British medical culture by Worthington Hooker in his 1847 book Physician and Patient. Hooker attributed it to the Parisian pathologist and clinician Auguste François Chomel (1788–1858), the successor of Laennec in the chair of medical pathology, and the preceptor of Pierre Louis. Apparently, the axiom was part of Chomel's oral teaching.

However, close examination reveals that Hooker did not use the specific expression or the traditional Latin phrase. A detailed investigation of the origins of the aphorism was reported by the clinical pharmacologist Cedric M. Smith in the April 2005 issue of The Journal of Clinical Pharmacology. It addresses the questions of the origin and chronology of appearance of the maxim. Rather than being of ancient origin as usually assumed, the specific expression, and its even more distinctive associated Latin phrase, has been traced back to an attribution to Thomas Sydenham (1624–1689) in a book by Thomas Inman (1860), Foundation for a New Theory and Practice of Medicine. Inman's book and his attribution were reviewed by a person who signed themselves only as "H. H." in The American Journal of the Medical Sciences, also in 1860. An American surgeon, L. A. Stimson, used the expression in 1879 and again in 1906 (in the same journal). That it was in common use by the 20th century is apparent from later mentions, such as by the prominent obstetrician J. Whitridge Williams in 1911, as well as detailed discussion of its use in a popular book authored by Dr. Morris Fishbein, the long-time editor of The Journal of the American Medical Association (JAMA) in 1930.

The article also reviews the various uses of the now popular aphorism, its limitations as a moral injunction, as well as the increasing frequency of its use not only in medical but other contexts as well.

http://en.wikipedia.org/wiki/Primum_non_nocere