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Childhood Obesity

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Abstract:

Obesity in children is a complex disorder. Its prevalence has increased so significantly in recent years that many consider it a major health concern of the developed world. The National Health and Nutrition Examination Survey (NHANES) indicates that the prevalence of obesity is increasing in all pediatric age groups, in both sexes, and in various ethnic and racial groups. Many factors, including genetics, environment, metabolism, lifestyle, and eating habits, are believed to play a role in the development of obesity. However, more than 90% of cases are idiopathic; less than 10% are associated with hormonal or genetic causes ... in this report we will discuss about Rate of increase obesity 3 in different countries.

Introduction:

Childhood obesity is a condition where excess body fat negatively affects a child's health or well-being. As methods to determine body fat directly are difficult, the diagnosis of obesity is often based on BMI. Due to the rising prevalence of obesity in children and its many adverse health effects it is being recognized as a serious public health concern.[1]. Psychologically the first problems to occur in obese children are usually emotional or psychological.[2] Obese children often experience bullying by their peers.[3][4] Some are harassed or discriminated against by their own family.[4] Childhood obesity however can also lead to life-threatening conditions including diabetes, high blood pressure, heart disease, sleep problems, cancer, and other disorders.[5][6] Some of the other disorders would include liver disease, early puberty or menarche, eating disorders such as anorexia and bulimia, skin infections, and asthma and other respiratory problems.[7] The early physical effects of obesity in adolescence include, almost all of the child's organs being affected, gallstones, hepatitis, sleep apnea and increased intracranial pressure.[8] Overweight children are also more likely to grow up to be overweight adults.[6] Obesity during adolescence has been found to increase mortality rates during adulthood.[9].

Discussion:

In 2011-2012 in USA, 8.1% of infants and toddlers had high weight for recumbent length, and 16.9% of 2- to 19-year-olds and 34.9% of adults aged 20 years or older were obese leading to eat too much fast food. Overall, there was no significant change from 2003-2004 through 2011-2012 in high weight for recumbent length among infants and toddlers, obesity in 2- to 19-year-olds. Tests for an interaction between survey period and age found an interaction in children. There was a significant decrease in obesity among 2- to 5-year-old children (from 13.9% to 8.4%;). [10] [11]

Child Obesity and excess weight is increased in (aged 4 to 5 years) and (aged 10 to 11 years) children by 2015 CCG of child's residence in UK. Prevalence data by CCG is supplied for year from 2007 to 2013 almost by genetic causes.[12] overweight and obesity in children in (UAE). Secondary analysis was undertaken of data on 4381 children aged 5–17years from the 2007 UAE-National Iodine Deficiency

Surveillance Study. Data on weight and height from that study were used to calculate body mass index.. Overall, 944 (21.5%) of children were overweight and 601 (13.7%) of these were obese. More girls than boys were overweight (22.9% vs. 20.2%). Non-citizen girls were more likely to be obese than UAE girls. Boys in the rural areas had the lowest prevalence (23.6%) and were the least likely of all the children to be either overweight or obese, due to lifestyle and eating habits.[13]

Conclusion:

Note that in recent years the rate of obesity in childhood is increasing for several reasons, from primary causes is lifestyle and secondly is genetic causes and the other reasons can come after. Here are tips for weight loss in childhood :

1. Playing sports .
2. Avoid soft drink.
3. Make sure to drink a glass of milk daily.
4. Take care to follow a certain diet.
5. Eat healthy foods such as vegetables and fruits
6. Ask for help from a specialist doctor

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