

## Editorial note on Obesity Causes & Consequences

Nagamani S\*

Faculty of Medicine, university of medical sciences, India

\* **Corresponding author:** Nagamani S, Faculty of Medicine, university of medical sciences, India, E-mail: nagamani@med.edu.in

**Received:** July 10, 2021; **Accepted:** July 20, 2021; **Published:** July 30, 2021

**Copyright:** © 2021 Nagamani S. This is an open-access article distributed under the terms of the Creative Commons Attributions License, which permits unrestricted use, distribution and reproduction in any medium, provided the original author and source are credited.

**Citation:** Nagamani S, (2021) Editorial note on Obesity causes and consequences. J Child Obes. Vol No: 6 Iss No:7:67

### Editorial Note

Childhood obesity is a complex health issue. It occurs when a child is well above the normal or healthy weight for his or her age and height. The causes of excess weight gain in young people are similar to those in adults, including behavior and genetics. Obesity is also influenced by a person's community as it can affect the ability to make healthy choices instability.

physical activity and spending too much time on sedentary activities such as watching television or other screen devices can lead to weight gain. Although the pathogenesis of the metabolic syndrome has not been fully understood, the connection between obesity, insulin resistance, and inflammation are key

In contrast, consuming healthy foods and being physically active can help children grow and maintain a healthy weight. Balancing energy or calories consumed from foods and beverages with the calories burned through activity plays a role in preventing excess weight gain. In addition, eating healthy foods and being physically active helps to prevent chronic diseases such as type 2 diabetes, some cancers, and heart disease.

We measured the weight and height of each participant twice using a calibrated spring scale (weight) and standard measuring tape (height). Participants wore light, indoor clothing and no shoes while their measurements were taken. If we saw a difference in weight of 0.2 kg or more, or a difference in height of 0.5 cm or more, a third measurement was taken. We used the average of the two closest measurements for our analysis variants in the development

It can be difficult to make healthy food choices and get enough physical activity in environments that do not support healthy habits. Places such as childcare centers, schools, or communities can affect diet and activity through the foods and drinks they offer and the opportunities for physical activity they provide, and they allow a smooth transition from the WHO growth curves recommended for monitoring growth in children.