

Short note on Obesity Causes, Prevalence and Prevention

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Short Note

Childhood obesity has reached epidemic levels in developed countries. Twenty five percent of children in the US are overweight and 11% are obese. Overweight and obesity in childhood are known to have significant impact on both physical and psychological health. The mechanism of obesity development is not fully understood and it is believed to be a disorder with multiple causes.

In general, overweight and obesity are assumed to be the results of an increase in caloric and fat intake. On the other hand, there are supporting evidence that excessive sugar intake by soft drink, increased portion size, and steady decline in physical activity have been playing major roles in the rising rates of obesity all around the world. Consequently, both over-consumption of calories and reduced physical activity are involved in childhood.

Almost all researchers agree that prevention could be the key strategy for controlling the current epidemic of obesity. Prevention may include primary prevention of overweight or obesity, secondary prevention or prevention of weight regain following weight loss, and avoidance of more weight increase in obese persons unable to lose weight. Until now, most approaches have focused on changing the behaviour of individuals

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

Prevention may be achieved through a variety of interventions targeting built environment, physical activity, and diet. Some of these potential strategies for intervention in children can be implemented by targeting preschool institutions, schools or after-school care services as natural setting for influencing the diet and physical activity. All in all, there is an urgent need to initiate prevention and treatment of obesity in children.