

Nutrition and obesity among children

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The prevalence of obesity among children has increased globally in the last few decades. A study conducted in the United States found that the prevalence of obesity among children aged 6-11 years increased from 7.8% in 1980 to 18.3% in 2010. In the World Health Organization (WHO) region of the Eastern Mediterranean, the prevalence of obesity among children aged 5-14 years increased from 1.2% in 1975 to 10.1% in 2016. The increase in obesity among children is a major public health concern because of the associated health risks, including type 2 diabetes, hypertension, and cardiovascular disease. The causes of obesity among children are multifactorial, including genetic, environmental, and behavioral factors. The most common environmental factors are diet and physical activity. The diet of children has changed significantly in the last few decades, with an increase in the consumption of high-calorie, high-fat, and high-sugar foods. Physical activity has decreased significantly, with children spending more time watching television and playing video games. The increase in obesity among children is also influenced by genetic factors. Children of obese parents are more likely to be obese themselves. The increase in obesity among children is a global phenomenon, with high rates of obesity among children in both developed and developing countries. The increase in obesity among children is a major public health concern because of the associated health risks, including type 2 diabetes, hypertension, and cardiovascular disease. The causes of obesity among children are multifactorial, including genetic, environmental, and behavioral factors. The most common environmental factors are diet and physical activity. The diet of children has changed significantly in the last few decades, with an increase in the consumption of high-calorie, high-fat, and high-sugar foods. Physical activity has decreased significantly, with children spending more time watching television and playing video games. The increase in obesity among children is also influenced by genetic factors. Children of obese parents are more likely to be obese themselves. The increase in obesity among children is a global phenomenon, with high rates of obesity among children in both developed and developing countries.