



Children's Obesity is Exacerbated by COVID-19: A Study

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Lockdowns imposed around the world in response to the COVID-19 epidemic have had a negative influence on children with obesity's diet, sleep, and physical activity.

The children ate an extra meal per day, slept an extra half hour per day, spent nearly five hours per day in front of phone, computer, and television displays, and consumed significantly more red meat, sugary drinks, and junk foods than they did a year before.

Physical activity, on the other hand, has declined by over two hours per week, while vegetable consumption has remained constant.

Researcher said that the devastating COVID-19 epidemic has far-reaching consequences that go beyond direct viral infection," says

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