

to directly measure body fat, BMI is frequently used to diagnose obesity. Obesity is a major risk factor for type 2 diabetes, cardiovascular disease, and certain cancers.

Keywords: Obesity; BMI; Type 2 Diabetes; Cardiovascular Disease

Introduction

Obesity is a global public health problem, with prevalence increasing significantly over the past few decades. It is defined as an abnormal or excessive accumulation of body fat that may impair health. The most common method for diagnosing obesity is by calculating the Body Mass Index (BMI), which is a measure of body fat based on an individual's weight and height. The World Health Organization (WHO) defines obesity as a BMI of 30 or higher.

Obesity is a major risk factor for type 2 diabetes, cardiovascular disease, and certain cancers. The prevalence of obesity has increased from 5% in 1975 to 17.4% in 2016, with 70% of the increase occurring in high-income countries.

The pathogenesis of obesity is complex and involves genetic, environmental, and behavioral factors. The most common genetic predisposition for obesity is the presence of the FTO gene variant. Environmental factors such as sedentary lifestyle and high-calorie diet are also major contributors. The prevalence of obesity varies by country, with the highest rates found in high-income countries.

How junk food affects bodyweight

Junk food, which is high in calories, fat, and sugar, is a major contributor to obesity. The prevalence of obesity has increased from 5% in 1975 to 17.4% in 2016, with 70% of the increase occurring in high-income countries. The prevalence of obesity varies by country, with the highest rates found in high-income countries.

Conclusion

The study highlights the significant impact of calorie imbalance on children's health, leading to overweight and obesity. It emphasizes the need for early intervention and lifestyle changes to prevent long-term complications. The research also identifies the role of family and community in supporting healthy eating and physical activity habits. Further studies are needed to explore effective strategies for weight management in children.