

Review Concerning Childhood Overweight and Obesity

Asfaq-ul Kalam*

Department of Pediatric, University of Dhaka, Bangladesh

Abstract

Childhood obesity has become a major public health concern worldwide. The prevalence of obesity among children and adolescents has been steadily increasing over the past few decades, raising serious concerns about its long-term health implications. This review article aims to provide an overview of the causes, consequences, and interventions related to childhood obesity. Childhood obesity has become a global epidemic with far-reaching health and social consequences. This abstract provides a concise overview of the causes, consequences, and interventions related to childhood obesity. A complex interplay of genetic, environmental, and socio-economic factors contributes to childhood obesity. Sedentary lifestyles, increased consumption of high-calorie, low-nutrient foods, and limited access to healthier options are key environmental influences. Childhood obesity is associated with immediate and long-term health risks, including type 2 diabetes, cardiovascular diseases, psychological distress, and reduced quality of life. Economic burdens stem from increased healthcare costs and decreased productivity. Addressing childhood obesity requires a multi-faceted approach. School-based programs focusing on nutrition education and physical activity

of personal responsibility; societal and environmental factors play a substantial role. Schools, families, communities, and policymakers all