**FAT KID RISK**

**Missing breakfast, late bedtimes and mums who smoke ‘are making kids fatter than EVER’**

**BY NICK MCDERMOTT**

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Today's kids are more likely to be overweight - especially if they skip breakfast, stay up late and have mothers who smoked during pregnancy

**MODERN lifestyles are making kids fat, with youngsters who miss breakfast and go to bed late more likely to be tubby.**

And those whose mothers smoke while pregnant are also more likely to pile on the pounds, a study claims.

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Scientists say busy lives make kids more hungry and craving junk food – which could be why youngsters who skip meals and miss sleep become [obese](https://www.thesun.co.uk/living/2109352/nations-childhood-obesity-epidemic-has-hit-devastating-crisis-point-with-1-in-5-kids-obese/).

And smoking in pregnancy can alter a baby’s brain to make them crave fatty foods.  
The study, from University College London, warns being overweight or obese makes a child more likely to be depressed – and this can run into adulthood.

As a result, [fat kids](https://www.thesun.co.uk/living/2154771/head-of-nhs-says-our-schools-should-be-inspected-for-kids-fitness-levels-as-well-as-their-academic-grades/)are more likely to take up smoking or drown their sorrows with alcohol later in life, researchers warn.

Around one in three kids are too fat at the end of primary school.

[Being too heavy](https://www.thesun.co.uk/living/2115951/kids-obesity-crisis-is-a-state-of-emergency-with-1-in-3-dangerously-tubby-in-parts-of-the-uk/) increases the chances of type 2 diabetes, heart, liver disease and several cancers.  
Tam Fry, from the National Obesity Forum, said modern lifestyles were fuelling obesity.

He said: “The situation we’re in today is a tragedy.

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“Kids who don’t get enough sleep will be hungry and graze on junk food all day – especially if they miss breakfast.

“Also, 50 per cent of children are born to mothers who are overweight – making them more likely to be fat. It’s a terrible start in life.”

But the study also found breastfeeding and the early introduction of solid food were not linked with weight gain.

Nor were how many sugary drinks a child consumed, or how much TV they watched or sport they played.

Lead researcher Professor Yvonne Kelly said: “This study shows that disrupted routines, exemplified by irregular sleeping patterns and skipping breakfast, could influence weight gain through increased appetite and the consumption of energy-dense foods.”

The study is published in the journal Pediatrics.