Notes of: Child Obisity: A Global Public Health Crisis Research

Brief intro:-

-The expansion of child obesity has increased over few years

-Causes imbalance between calorie intake and calories utilized

Factors cause obesity in children: genetic, environmental, & behavioral

Effects of ChildObi: physical, psychological & social health problems

Statistics:-

\* ChildhoodObi increases in dev and underdevlop countries

-2007-2008 16% of children and adolescent between age 2 to 19 are obese

-childhood obesity: preschool children age 2-5 both genders increased from 5 to 10% between 1976-1980 & from 2007 to 2008 increased from 6.5 to 19.6% age 6-11

-obisity among age 2-10 was 14% & age 11-15 was 15%

Causes Obisity (factors) :-

\*Genetic : increase child’s susceptibility for obesity

\*Behavioral: children may eat large portions of food with high sugar 🡪 lack of physical activity: sedentary life 🡪 watch tv, play video games 🡪 gain weight

\*Environmental: surrounded influence (e.g: home, in school, and community)

home: parents influence their child food

school: lack of promoting healthy food choices and physical activity

community: lack of accessibility & affordability of healthy food

effects:-

-psychologically: lower-self steam, depression 🡪 negatively on their academic & social progress

-high risk of cardiovascular diseases, high bloof pressure, increase in Cholesterol level, and type 2 diabetes.

- respiratory problems e.g: asthma, shortness of breath, sleep apnea.

-Physical effects: discomfort due to heavy weight on joint 🡪 muscle and bone disorder

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Solutions:-

-Parents and sibilings: can influence child behavior lifestyle e.g: praking the car away from store so they walk their child.

-school interventions: encourage kids to eat healthy food and avoid sugary drinks and food.

-Community: factors like geographic, location, race, ethnicity, socioeconomic.

-play based activity: board game about balanced diet and healthy food

-governmental strategies: encourage mothers to breastfeed their babies 🡪 reduce risk of obesity on their child. Providing healthy enviroments 🡪 improving access to healthy food, building walk paths, bike paths and playground.