

Obesity in children

OH NOO!!



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Date 2022/6/4



□ Objectives:



01

Definition of the obesity in children

03

List the damages of obesity in children

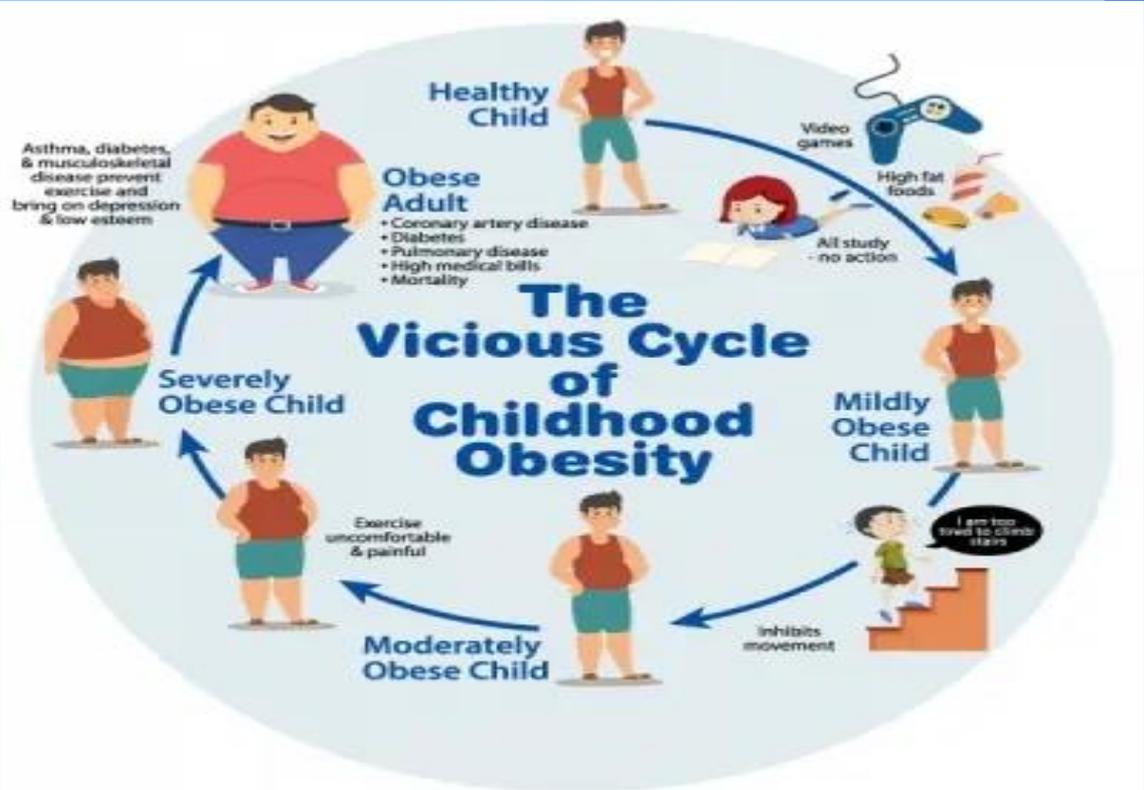
02

Outline the causes of the obesity in children

04

Mention methods of prevention of obesity in children

INTRODUCTION:

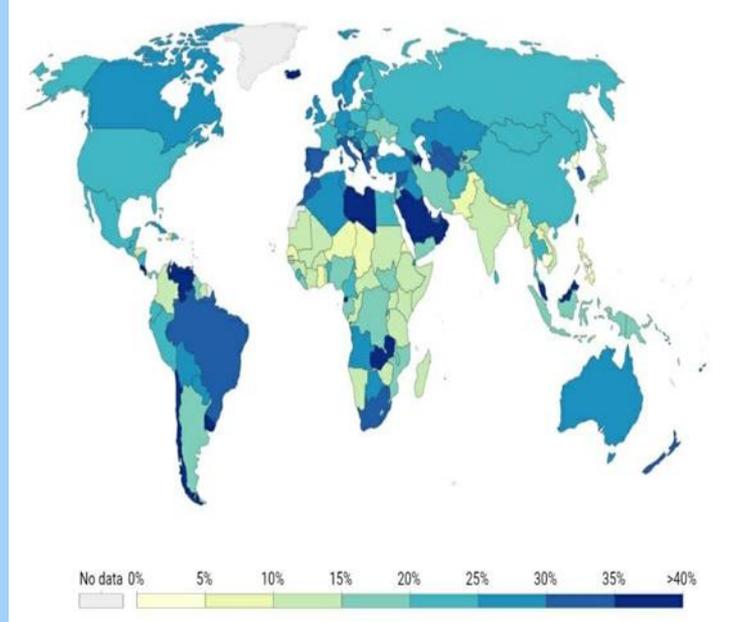




Obesity:

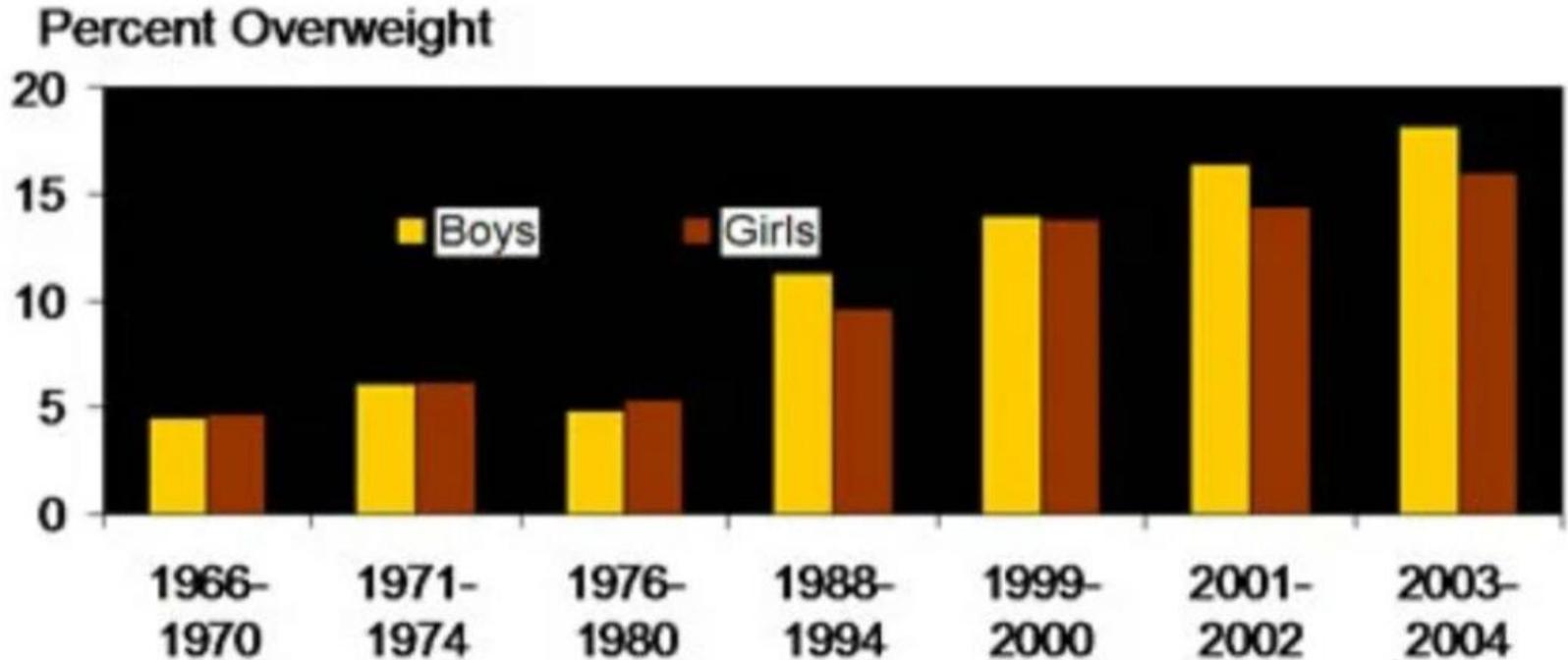


Childhood obesity is a disorder that affects children and adolescents, when an excess amount of fat accumulates in the child's body, and it results in the child's weight exceeding the normal range that suits his age and height.



It is a serious problem in developing and developed countries,
its prevalence was found to be
13.4% between 2-5 years old, 20.3% between 6-11 years old,
and 21.2% between 12-19 years old – Old.

Childhood Obesity Epidemic:



Causes of obesity in children:



- Genetic.
- Environmental.
- Inactivity.
- Lack of sleep.
- Malnutrition.



□ Damage of children obesity



1. Obesity affects health and causes type 2 diabetes, which exposes the child to health problems throughout his life.
2. Obesity may affect heart health and lead to hardening of the arteries and blood vessels.
3. Excess weight may affect the child's growth and the health of bones, muscles and joints and may increase bone fracture and osteoporosis.
4. Obesity may affect the psychological health of children and expose them to depression and tension, Due to their appearance and looks of mockery and mockery of others.



☐ Methods to prevent of obesity in children

- Be sure to adjust the child's diet and follow a healthy diet.
- Avoid eating sweets and foods high in sugars.
- Eat more fruits and vegetables throughout the day.
- Ensure that children eat beneficial herbs such as anise.
- Reducing sitting in front of TV and computer screens throughout the day.



❑ Conclusions:



If the childhood obesity epidemic remains unchecked, it will condemn many of Our kids to shorter lives , as well as the emotional and financial burdens of poor health.



☐ References:



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3- Brewer, C. J., & Balen, A. H. (2010). Focus on obesity. *Reproduction*, 140(3), 347-364.

thank
you

