

Risk Factors and Clinical Implications of Childhood Obesity

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Received: November 01, 2021; **Accepted:** November 15, 2021; **Published:** November 22, 2021

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Introduction

Childhood weight problems have reached epidemic tiers in advanced in addition to in growing countries. Overweight and weight problems in adolescence are acknowledged to have tremendous effect on each bodily and mental health. Overweight and overweight kids are possibly to live overweight into maturity and much more likely to expand non-communicable sicknesses like diabetes and cardiovascular sicknesses at a more youthful age. The mechanism of weight problems improvement isn't always absolutely understood and its miles believed to be a sickness with more than one causes. Environmental factors, way of life preferences and cultural surroundings play pivotal roles with inside the growing incidence of weight problems worldwide. In general, obese and weight problems are assumed to be the effects of a boom in caloric and fats consumption. On the alternative hand, there is helping proof that immoderate sugar consumption through gentle drink, accelerated component size, and regular decline in bodily hobby had been gambling primary roles with inside the growing prices of weight problems everywhere in the world [1]. Childhood weight problems can profoundly have an effect on kids' bodily health, social, and emotional well-being, and self-esteem. It is likewise related to bad educational overall performance and a decrease high-satisfactory of existence skilled through the child. Many co-morbid situations like metabolic, cardiovascular, orthopedic, neurological, hepatic, pulmonary, and renal issues also are visible in affiliation with adolescence weight problems [1].

Childhood weight problems are a severe clinical situation that impacts youngsters and adolescents. It's especially troubling due to the fact the more kilos frequently begin youngsters at the route to fitness issues that have been as soon as taken into consideration person issues — diabetes, excessive blood stress and excessive cholesterol. Childhood weight problems also can result in negative vanity and depression [2].

One of the great techniques to lessen early life weight problems is to enhance the ingesting and workout behavior of your whole family. Treating and stopping early life weight problems enables shield your kid's fitness now and with inside the future [2].


Risk Factors

Many factors, generally acting in combination, increase the risk of overweight in children:

The Diet: Regular consumption of high-calorie foods such as fast food, pastries, and vending machine snacks can make your child

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Citation: Jani P (2021) Risk Factors and Clinical Implications of Childhood Obesity. J Child Obes. 2021, S5:2

gain weight. Candies and desserts can also cause weight gain, and there is growing evidence that sugary drinks, including fruit juices and sports drinks are a cause of obesity in some people [3].

Lack of Exercise: Children who exercise less are more likely to gain weight because they do not burn as many calories. Spending too much time on sedentary activities, such as watching TV or playing video games, also exacerbates the problem. Junk food commercials also appear frequently on TV programs.

Family factor Children are more likely to gain weight if they were born into an overweight family. This is especially true in environments where high-calorie foods are always served and physical activity is not encouraged.

Psychological Factors: Stress from individuals, parents, and families can increase the risk of obesity in children. Some children overeat to cope with problems or to deal with emotions such as stress or boredom. Their parents may have a similar tendency [3].

Socio-economic factors: People in some communities have limited resources and limited access to supermarkets. As a result, you can buy processed foods that don't spoil quickly, such as frozen foods, crackers and cookies. Also, people living in low-income areas may not have access to safe places to exercise [3].

Certain medicines: Some prescription drugs may increase your risk of developing obesity. These include prednisolone, lithium, amitriptyline, paroxetine (Paxil), gabapentin (Neurontin, Gravis, Horisant) and propranolol (Inderal, Hemangal).

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