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Childhood obesity and risk factors

Andreia Pelegrini

State University of Santa Catarina, Brazil

High overweight and obesity prevalence has been observed in developed and developing countries, and obesity is considered an important public health problem worldwide, mainly due to the close relationship between inadequate nutritional status and development of cardiovascular diseases and early mortality. In this sense, the overweight and obesity diagnosis in childhood and adolescence is of great relevance to public health, considering that the presence of obesity in childhood and adolescence tends to persist into adulthood. High birth weight, rapid weight gain and having an overweight mother who smokes can all increase the risk of a baby becoming obese later in childhood. Childhood obesity can have a harmful effect on the body in a variety of ways. Obese children are more likely to have: High blood pressure and high cholesterol, which are risk factors for cardiovascular disease (CVD); Increased risk of impaired glucose tolerance, insulin resistance and type 2 diabetes; Breathing problems, such as sleep apnea and asthma; Joint problems and musculoskeletal discomfort; Fatty liver disease, gallstones and gastro-esophageal reflux; Obese children and adolescents have a greater risk of social and psychological problems, such as discrimination and poor self-esteem, which can continue into adulthood; Obese children are more likely to become obese adults. Adult obesity is associated with a number of serious health conditions including heart disease, diabetes and some cancers. If children are overweight, obesity in adulthood is likely to be more severe. Several risk factors for both overweight and obesity in childhood are identifiable during infancy.

Biography

Andreia Pelegrini was graduated in Physical Education by College Assis Gurgacz (Cascavel-Parana, Brazil), MA and PhD in Physical Education in the area of Kinanthropometry and Human Performance, Federal University of Santa Catarina, Sports Centre (Florianopolis-Santa Catarina, Brazil). He is currently Adjunct Professor at the State University of Santa Catarina, Center of Health Sciences and Sports. He is Professor in Undergraduate courses in Physical Education and Pos Graduate Program in Human Movement Sciences at the State University of Santa Catarina. Group Leader, Kinanthropometry Research. He has experience in the area of Physical Education, acting on the following subjects: Physical Activity, Anthropometry, Body Composition, Nutritional Status and Body Image.

andreia.pelegrini@udesc.br