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Over weight and obesity in children

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Back ground: Obesity among children, adolescents and adults has emerged as one of the most serious public health concerns in the 21st century. The worldwide prevalence of childhood obesity has increased remarkably over the past 3 decades. The growing prevalence of childhood obesity has also led to appearance of obesity-related comorbid disease entities at an early age. Childhood obesity can adversely affect nearly every organ system and often causes serious consequences, including hypertension, dyslipidaemia, insulin resistance, dysglycemia, fatty liver disease and psychosocial complications. It is also a major contributor to increasing healthcare expenditures.

Methodology: For all these reasons, it is important to prevent childhood obesity as well as to identify overweight and obese children at an early stage so they can begin treatment and attain and maintain a healthy weight. At present, pharmacotherapy options for treatment of paediatric obesity are very limited.

Conclusion: Therefore, establishing a comprehensive management program that emphasizes appropriate nutrition, exercise and behavioural modification is crucial. The dietitian's role should expand beyond the clinical setting to the community to serve as a role model and to advocate for prevention and early treatment of obesity.

Biography

Sunaina has completed her Bachelors at the age of 22 years from Gulab Devi educational complex. She completed her Bachelors in clinical human nutrition and Dietetics . Yet she has not published any research article.