

An overview on childhood obesity

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ABSTRACT

Introduction: Childhood obesity is a modern epidemic situation and is the most frequent eating disorder. The importance of childhood obesity has driven many researchers to investigate and study its etiology, consequences, and interventions for managing it.

Purpose: To review the factors which contribute to the development of childhood obesity, its consequences, and the interventions for managing the problem.

Results: It follows from the review that childhood obesity is associated with the presence of genetic, behavioral, and environmental factors, while its consequences are connected with cardiovascular,

gastrointestinal, and respiratory diseases. Certain psychosocial and endocrine disorders are also observed. Management of the problem can be achieved with targeted interventions in the context of the family, school and community environment.

Conclusions: Childhood obesity is directly connected with the adoption of a sedentary lifestyle, a change in healthy eating habits, and reduced physical activity. Apart from the serious risks it causes to children, this problem considerably affects the cost of healthcare and social security systems.

Key words: calorie imbalance, childhood obesity, interventions, physical activity
