

## عنوان مقاله:

Children Obesity; the Prevalence and the Potential Risks

## محل انتشار:

همایش علمی دانشجویان علوم تغذیه (سال: 1395)

تعداد صفحات اصل مقاله: 1

## نویسندگان:

Shokoufe Mirbeik sabzevari - *BS Student of Nuclear Medicine, Kermanshah University of Medical Science, Kermanshah, Iran*

Fateme Rahimi - *MSc Student of Nutrition Science, Kermanshah University of Medical Science, Kermanshah, Iran*

Soheil Abbasi - *MSc Student of Nutrition Science, Kermanshah University of Medical Science, Kermanshah, Iran*

## خلاصه مقاله:

Over the past three decades the prevalence of overweight and obesity has increased substantially. Globally, an estimated 170 million children (aged < 18 years) are at risk of being overweight, and in some countries the number of overweight children has trebled since 1980. This study was conducted to determine the prevalence of obesity and its risk factors, and teased out by scrutinizing scientific sources and papers in authentic journals and databases such as scholar.google.com, pubmed.com, sciencedirect.com and Iranian website including sid.ir. Papers published between 1995 and 2015 were collected and reviewed. The high prevalence of overweight and obesity has serious health consequences. Raised Body Mass Index (BMI) is a major risk factor for diseases such as cardiovascular disease, type 2 diabetes and many cancers (including, colorectal cancer, kidney cancer and esophageal cancer). These diseases, often referred as non-communicable diseases (NCDs), not only cause premature mortality but also long-term morbidity. In addition, overweight and obesity in children are associated with significant reductions in quality of life and a greater risk of teasing, bullying and social isolation. Due to the rapid increase of the prevalence of obesity and the serious health consequences, obesity is commonly considered as one of the most important health challenges of the early 21st century. As can be inferred from aforementioned states, obesity development, particularly in childhood can result in serious side effects for individual, both in childhood and adulthood. Regarding the high prevalence of obesity during past decades and its thread to health, especially in early ages, demand for preventive actions and treatment, if it is necessary, dietary intervention and lifestyle and pharmacological changing has elevated many folds.

## کلمات کلیدی:

Child obesity, Risk Factor, Prevalence

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