



Conference Abstract

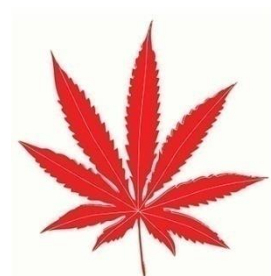
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9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019

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Conference Abstract

CHILDHOOD OBESITY: PREVALENCE AND PREVENTION

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ABSTRACT

Childhood obesity has reached epidemic levels. The vast majority of overweight or obese children live in developing countries, where the rate of increase has been more than 30% higher than that of developed countries. According to WHO, If current trends continue the number of overweight or obese children globally will increase to 70 million by 2025. Overweight and obesity in childhood are known to have significant impact on both physical and psychological health. The mechanism of obesity development is not fully understood and it is believed to be a disorder with multiple causes. Environmental factors, lifestyle preferences, and cultural environment play roles in the rising prevalence of obesity worldwide. In general, overweight and obesity are assumed to be the results of an increase in caloric and fat intake. Almost all researchers agree that prevention could be the key strategy for controlling the current epidemic of obesity. Prevention may include primary prevention of overweight or obesity, secondary prevention or prevention of weight regains

following weight loss, and avoidance of more weight increase in obese persons unable to lose weight. Until now, most approaches have focused on changing the behavior of individuals in diet and exercise. Children should therefore be considered the priority population for intervention strategies. Some of the potential strategies for intervention in children can be implemented by targeting preschool institutions, schools or after-school care services as natural setting for influencing the diet and physical activity. All in all, there is an urgent need to initiate prevention and treatment of obesity in children.



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