

# Nutrition management for childhood obesity

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## DESCRIPTION

Poor nutrition results variety of problems in children, especially excessive weight gain and obesity. Childhood obesity is one of the major public challenges of 21st century. The National Health and Nutrition Examination Survey (NHANES) indicates that the prevalence of obesity is increasing in all pediatric age groups, in both sexes, and in various ethnic and racial groups. Many factors, including genetics, environment, metabolism, lifestyle, and eating habits, are playing a role in the development of obesity. However, more than 90 percent of cases are idiopathic, less than 10 percent are associated with hormonal or genetic causes. In most cases, children are overweight because they eat unhealthful foods and lead a sedentary lifestyle. Childhood obesity has acute and chronic effects on physical, social, and emotional health. It predisposes to insulin resistance, type 2 diabetes, hypertension, hyperlipidemia, liver and renal disease, and reproductive dysfunction. This condition increases the risk of adult-onset obesity and cardiovascular disease. Obesity in children is a complex disorder. The best treatment for obesity in the pediatric population has not yet been defined, however, a treatment that addresses all modifiable factors is recommended. Increasing physical activity and promoting adequate daily intakes of vegetables, fruits and whole grains is effective to decrease the risk of overweight and obesity.

Childhood obesity can be brought on by a range of factors which frequently act in consolidation. "Obesogenic environment" is the medical term set aside for this mixture of elements. The immense risk factor for child obesity is the obesity of both parents. This may be emulated by the family's environment and genetics. Other reasons may also be due to psychological factors and the child's body type. Children who have a (body mass index) BMI at the same level or higher than 95 percent of their rivals are considered to be obese.

Childhood obesity is a serious health issue for the children. Kids in the obese category have exceeded simply being overweight and are at imperiling for a number of chronic health conditions. Poor health emanate from childhood obesity can continue into adulthood. Childhood obesity doesn't just affect physical health. Children and teens who are overweight or obese can become depressed and have poor self-image and self-esteem.

Family history, psychological factors, and lifestyle all play a crucial role in childhood obesity. Children whose parents or other family members are overweight or obese are more likely to follow harmonize. But the main cause of childhood obesity is a consolidation of eating too much and exercising too little.

Convenience foods, such as frozen dinners, salty snacks, and canned pastas, can also leads to unhealthy weight gain. Some children become obese because of their parents don't know how to select or prepare healthy foods. Some families may not be able to easily afford fresh fruits, vegetables, and meats.

Another cause of childhood obesity can be from inadequate physical activity. People of all ages when they're less active tend to gain weight. To maintain a healthy weight, exercise regularly helps to burn calories.

## Health risks associated with childhood obesity

Children have a higher risk of developing health problems who are obese than their peers who maintain a healthy weight. Diabetes, heart disease, sleep disorders, joint pains and asthma are among the most serious risks.

Healthy eating and nutrition for obese children

Changing the eating habits of obese children is certainly essential. Parental influence affects your child's eating patterns.

Start your nutrition restore by limiting sweets and soft drinks in your home. Even drinks made from 100% juice can be high in calories. Instead, serve water and lower-fat milk with meals. Avoid fast food consumption and make a conscious effort to cook more. Making a meal and eating together is not only healthy in a nutritional sense, but it's also an excellent way to spend some time with family.

Focus your meals and snacks around fresh foods instead of processed items, baked goods, or salty snacks. Try:

Fresh fruits and vegetables

- Lean proteins, such as chicken and fish
- Whole grains, such as brown rice, whole-wheat pasta, and whole-grain breads
- Low-fat dairy products, including skim milk, low-fat plain yogurt, and low-fat cheese

Chances are high that your overweight or obese child will drop some weight as they transition to a healthier way of eating. For additional help, consult your pediatrician, nutritionist or dietician.

## CONCLUSION

Childhood obesity is a condition that is more cost-efficient to prevent than to treat. Few medications are approved for treatment with specific indications close follow-up. Accept that obesity is a family condition affected similarly by hereditary qualities and the food activity environment.

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