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OBESITY IN CHILDHOOD AND ADOLESCENCE AGE

Abstract

Obesity is one of the most common health problems among children and adolescents, with documented increases in prevalence. The highest rates of obesity are observed in the United States and eastern European countries. Increasing trend of obesity among children could be result of enviromental and cultural changes related to physical inactivity in modern society. Persistence of obesity from childhood or adolescence into adulthood has been consistently demonstrated in all populations in which it has been studied. Childhood and adolescent obesity have a significant impact on later mortality and morbiity in adulthood. Many of the metabolic and cardiovascular complications and some form of cancers associated with adult obesity have their onset in childhood, and understanding of the relations that exist between childhood and adolescent obesity and obesity in aduthood is of essential value in efforts to try to introduce the adequate measures in its prevention and treatment.

Key words:

Obesity; Body mass index; Childhood; Adolescence; Adulthood; Cardiovascular disease.