

عنوان مقاله:

Investigating the Predictors of Overweight and Obesity in Children

محل انتشار:

مجله بین المللی مطالعات پیشرفته در علوم انسانی و اجتماعی، دوره 9، شماره 4 (سال: 1399)

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نویسندگان:

Yosra Raziani - *College of Medicine, Department of Nursing, Komar University of Science and Technology- Sulaimaniyah-Kurdistan Region, Iraq*

Sheno Raziani - *Master of Psychology, Department of Literature and Humanities, Graduate of Malayer University, Malayer, Iran*

خلاصه مقاله:

Today, the number of obese people is increasing, and this problem, which in the recent past was considered a problem of developed and industrialized countries. It is now on the rise all over the world, including in developing countries, where food shortages are often the main nutritional problem. In addition, reducing the age of obesity and its prevalence in children and adolescents is also very important, because obesity at this age has a greater impact on health. In many cases, adult obesity begins in childhood, and effective prevention depends on how to deal with and control childhood obesity. Obesity in childhood and adolescence, especially during the second decade of life, is a strong predictor of adult obesity. The prevalence of obesity among children and adolescents is increasing in many countries around the world, even in countries where malnutrition due to malnutrition is still a public health problem. Accordingly, there is a close relationship between childhood obesity and the increased risk of adult obesity and the resulting physical problems. Today, overweight and obesity is a chronic disease that has become a health problem. It is one of the most serious public health challenges of the 21st century. According to the World Health Organization, 30% of the Middle East population is overweight. Today, overweight in children has become an epidemic, and in the .age group of 6-12 years, overweight has more than doubled in the last decade

کلمات کلیدی:

Obesity, Child, food

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