

Childhood obesity, physical fitness and parents

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Abstract: This paper explores the most common problems related to lifestyle is being overweight. Childhood obesity is a major public health crisis nationally and internationally. Many diseases is happen due to obesity like Type 2 diabetes, Asthma, Obstructive Sleep apnoea, Cardiovascular risk factors and many more. parents should take steps to prevent child obesity. Physical activity is most important in child for healthy child. And prevent obesity in child. There are many physical exercise, good habits and motivation required to prevent those disease in child due to obesity. Parents have to be a good model. Parents are most responsible for this.

Keywords: childhood obesity, physical activity, parents

I. INTRODUCTION

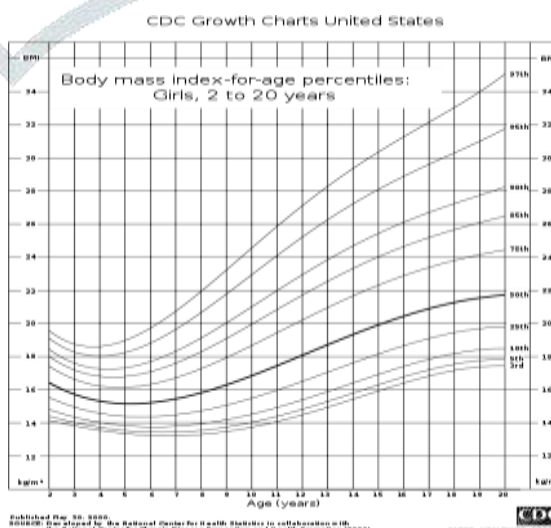
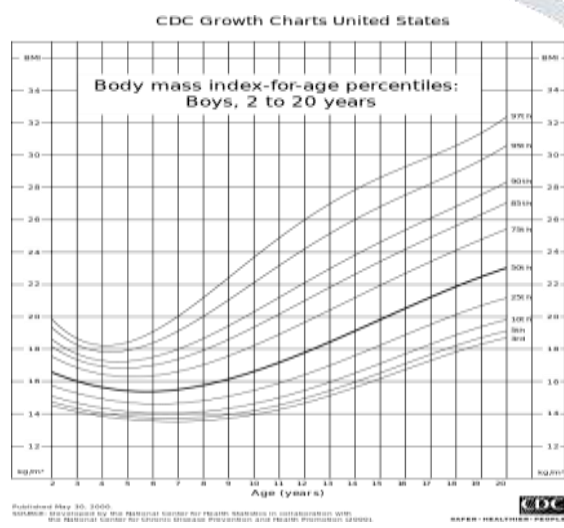
Obesity is a chronic health problem that has become a worldwide epidemic. Childhood obesity is a major public health crisis nationally and internationally. The prevalence of childhood obesity has increased over few years. The increase in childhood obesity has gained the full attention of health care professionals, health policy experts, children's advocates, and parents. All are concerned that today's overweight and obese children will turn into tomorrow's overweight and obese adults, destined to suffer from all the health problems and health care costs associated with obesity

What is Obesity?

“Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health”

How to know your child is obese?

BMI is calculating by dividing a person's weight in kilograms by the square of height in meters. Overweight is defined as a BMI at or above the 85th percentile and below the 95th percentile for children and teens of the same age and sex. Obesity is defined as a BMI at or above the 95th percentile for children and teens of the same age and sex.



Health risk

- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease (CVD).
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes.
- Breathing problems, such as asthma and sleep apnea.
- Joint problems and musculoskeletal discomfort.
- Fatty liver disease, gallstones, and gastro-esophageal reflux.
- Obese children and adolescents have a greater risk of social and psychological problems, such as discrimination and poor self-esteem, which can continue into adulthood.

Reason for childhood obesity

- TV/ Pc Games / Smart phones
- Computers
- Transportation
- Inadequate safe areas for physical activity
- Sedentary Lifestyle
- Junk food
- genetic susceptibility
- Lack of guidance

What parents can do?

- Be aware, know what your kids are eating (where and when), and establish limits where you can.
- Do not buy junk food.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Try sparkling water with a splash of 100 % fruit juice.
- Limit sugar-sweetened beverages.
- Provide plenty of vegetables, fruits and whole-grain products.
- Choose lean meats, poultry, fish, lentils and beans for protein.
- Encourage your family to drink lots of water.
- Remove calorie-rich temptations.

Treats are OK in moderation, but limiting high fat and high-sugar or salty snacks can also help your children develop healthy eating habits. Here are examples of easy-to-prepare, low-fat and low-sugar treats that are 100 calories or less: A medium-size apple, A medium-size banana, 1 cup blueberries, 1 cup grapes, 1 cup carrots, broccoli, or bell peppers with 2 tbsp. hummus

Help kids stay active.

Encourage your child's participation in sports or any kind of exercise

- Brisk walking
- Playing tag
- Jumping rope

- Playing soccer
- Swimming
- Dancing
- Etc

Reduce sedentary time.

In addition to encouraging physical activity, help children avoid too much sedentary time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the web to no more than 2 hours per day.

- Be active role models.

Conclusion

Obesity is the very dangerous health problem in the world today. Parents is the first responsible for childhood obesity and most effective to control childhood obesity. Physical activity is required to prevent obesity. Parents should be aware about childhood obesity and their risk and physical activity.

Reference

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