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Adolescence and Child Obesity

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ABSTRACT

Obesity is a serious public health issue and is a complex condition involving biological, developmental, environmental, behavioural, and hereditary components. An imbalance in energy balance, or too many calories consumed relative to how many calories are expended, is the main factor in childhood and adolescent obesity.

Keywords: Pediatric obesity, Adolescent obesity, Obesity comorbidity.

INTRODUCTION

Adolescents start the process of growing up during this stage of development. This stage of development is defined by concerns with independence, identity, sexuality, and relationships. Adolescence is a period of time when mental health issues, such as mood disorders, anxiety disorders, and other disorders (such as schizophrenia), may start to manifest or develop. For people in this age group, suicide is the main cause of death. Large changes in body size and composition characterize adolescence. Puberty's impact on the development of adolescent obesity has been the subject of extensive biological study.

However, there is still disagreement over how much pubertal timing contributes to or results in obesity. Over a billion people worldwide are affected by the pandemic of obesity. The prevalence of overweight kids, as measured by a body mass index, has increased over the years. Early childhood adiposity markers including higher pre-pubertal BMI are linked to earlier maturity.

The lack of a simple, affordable, accurate, and reproducible method to measure fat mass in infants, children, or adolescents as well as the lack of cutoffs of fat mass for children to identify those at moderate or high cardiovascular and metabolic risk in childhood and adulthood keep the definition of overweight and obesity in children up in the air. Obesity among children has reached pandemic proportions in both developed and developing nations. Childhood obesity and overweight are known to negatively affect both physical and mental health. Children who are overweight or obese are more likely to be overweight into maturity and to experience non-communicable diseases like diabetes and cardiovascular disease earlier in life. It is thought that obesity is an illness with several underlying causes because the process underlying its development is not entirely understood. The global rise in obesity prevalence is mostly due to environmental variables, lifestyle choices, and cultural context. In general, it is believed that increased calorie and fat intake causes overweight and obesity.

Causes of Obesity in Adolescents

Similar to adult obesity, teenage obesity is influenced by the same variables. Obesity may be caused by hormonal abnormalities; however they are rarely the cause. These include conditions like hypothyroidism and overactive adrenal glands. Teenagers who are short and frequently exhibit additional symptoms of the underlying illness when they experience weight gain brought on by hormonal abnormalities. Testing for the hormonal condition Cushing syndrome should be performed on any obese adolescent who is also short and has high blood pressure. Since obesity is influenced by genetics, some people are more likely to develop it than others, and it may also run in families. Numerous adolescents who are obese have negative self-perceptions and may experience social isolation as a result of society's stigma against fat. Obese children are more likely to suffer from a wide range of illnesses.

How is pediatrics obesity identified?

If you're concerned about the health of your child, it's critical to seek medical attention. Your child's doctor can assist you in

determining whether your youngster has obesity. To determine whether your child is a healthy weight, they may utilize a BMI-for-age development chart. If your kid's doctor determines that your child has obesity, they can work with you to develop a healthy weight loss strategy. They might discuss with you the best kind of foods to eat and how much exercise your child needs. If necessary, they will direct you to a weight-control program that is appropriate for your child. Childhood obesity is a difficult condition with numerous underlying causes. It's not because I'm weak-willed or lazy. For growth and development, your child requires a specific number of calories. However, when a person consumes more calories than they burn, their body stores the surplus calories as fat. For many of the same reasons why adults overeat, children do too. The following are some of the reasons why kids are becoming obese:

Behavior

Childhood obesity may be influenced by shared family practices like eating patterns and inactivity. The ratio of calories expended to calories taken affects how much weight your child is at.

Genetics

There is a chance that a youngster will become obese due to genetic factors. Children who have obese parents or siblings may have a higher chance of becoming obese themselves. Numerous genes may contribute to weight gain, according to studies. Although there is a family history of obesity, not all children who have one will become overweight.

Community and socioeconomics

The likelihood that your child will become obese can directly relate to where they reside. Your child's diet is directly impacted by the foods and beverages that schools and daycare facilities serve. They also contribute to the daily amount of exercise your child receives.

Cultural aspects

Childhood obesity may be influenced by advertisements for fast food restaurants and unhealthy snacks. Children are exposed to ads through television commercials and billboards in their areas. These foods typically have big portion sizes and/or are high in calories.