

# Pediatric obesity and nutrition.

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## Introduction

Childhood obesity could be a complicated health issue. It happens once a toddler is well on top of the traditional or healthy weight for his or her age and height. The causes of excess weight gain in adolescent's area unit like those in adults, together with behavior and biology. Obesity is additionally influenced by a person's community because it will have an effect on the flexibility to form healthy decisions. Kids United Nations agency have a body mass index (BMI) at an equivalent level or beyond ninety five p.c of their peers area unit thought-about to be fat. BMI could be a tool won't to verify your "weight standing." BMI is calculated victimisation your height and weight. Your BMI grade (where you're BMI worth falls in reference to different people) is then determined victimization your gender and age. One in every of the foremost necessary factors in childhood obesity is nutrition. There area unit loads of things that additionally result nutrition standing and behaviors of youngsters. Factors like the historical method of food consumption, changes in accessible foods, inability to manage energy intake, biological process behaviors of the family, food sorts that unbroken reception, maternal biological process standing throughout physiological condition and breastfeeding area unit all closely associated with obesity in kids.

## Discussion

Poor nutrition will cause a spread of issues in kids, together with excessive weight gain and obesity. Childhood obesity will successively be a precursor to several health issues, from kind II polygenic disorder} to cardiopathy to non-alcoholic liver disease disease. It's essential to supply your kid correct nutrition and facilitate him or her establish smart feeding habits which will last a whole lifespan. Case history, psychological factors, and fashion all play a job in childhood obesity. However the most explanation for childhood obesity could be a combination of feeding an excessive amount of and workout insufficient. Behaviors that influence excess weight gain

embody feeding high-calorie, low-nutrient foods and beverages, medication use and sleep routines. Not obtaining enough physical activity and outlay an excessive amount of time on inactive activities like looking tv or different screen devices will cause weight gain. Weight loss isn't an honest approach for many young kids, since their body's area unit growing and developing. Overweight kids mustn't be placed on a diet unless a medical practitioner supervises one for medical reasons. A restrictive diet might not provide the energy and nutrients required for traditional growth and development. For many terribly young kids, the main focus ought to be to keep up current weight, whereas the kid grows usually tall.

## Conclusion

There's positively reason to worry regarding any kid United Nations agency could also be gaining an excessive amount of weight. We all can understand that obesity will increase risk for health issues, like pre diabetes and sort a pair of polygenic disorder, abnormal sterol levels, disease, and cardiopathy. We have a tendency to also are involved regarding the exaggerated rates of depression, stigma, and bullying in kids have obesity. However she adds that the foremost recent study "helps to indicate that policy changes will create a giant distinction." And not simply policy changes to government programs, however additionally changes folks will create inside their own homes.

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