



FACTORS OF CHILDHOOD OBESITY DEVELOPMENT

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Obesity is an important public health problem in many countries. The incidence of obesity among children is steadily increasing. The formation of this disease often occurs in childhood, and sometimes the origins of obesity are laid prenatally. Obesity is a heterogeneous chronic and steadily progressive disease associated with excessive adipose tissue deposition, accompanied by numerous metabolic and neurohumoral disorders.

This systemic disease is not only a cosmetic problem and impairs the child's quality of life, but also plays a significant role in the pathogenesis of such comorbid diseases as type 2 diabetes, arterial hypertension, non-alcoholic fatty liver disease, metabolic syndrome, cancer, etc. In addition, obesity can cause the development of musculoskeletal disorders, sleep apnea, depression and behavioral disorders, impaired puberty and reproductive function.

Obesity is currently considered as a polyethological, chronic, recurrent disease associated with the development of a number of diseases that reduce human life expectancy and reduce its quality.

An important indicator of excess nutrition is the increased growth rate of the child, especially in the first months of life. Weight gain in the first 6 months of a child's life affects not only the incidence of obesity, but also the metabolic syndrome in general. Nutrition of children after the first year of life is much less controlled by pediatricians and therefore is mainly due to the nature of nutrition in the family. At the same time, for young children, diet and physical activity remain very important factors that determine their further development.

Thus, according to current scientific data, BMI and obesity in children can be associated with the nature of the mother's diet during pregnancy, her state of health (whether the mother is obese/overweight, diabetes), excessive growth rate of infants, and increased protein intake of children in the first three years of life.

There are a number of endogenous and exogenous factors that directly play a role in the development of obesity. These include heredity, the socio-economic status of the family, factors that occur during pregnancy and childbirth, such as weight gain, taking antibacterial drugs and hyperglycemia during pregnancy in the mother, the method of delivery, the nature of feeding and the timing of complementary foods, excessive calorie intake with food, violation of the daily routine and lack of sleep, skipping meals, using gadgets and related physical inactivity and excessive food intake, marketing high-calorie foods, and others. For each age period, the prevailing risk factors can be identified. The study and early detection of risk factors, taking into

account the age of the child, is necessary for timely prevention and informing parents and children about the possible causes and consequences of obesity.

At an older age, the main factors leading to weight gain are physical activity, sleep, high-calorie snacks and excessive food intake when watching TV shows and using gadgets, as well as under the influence of food advertising.

It can be assumed that some risk factors are mutually affected, for example, a child who spends a lot of time watching video content or playing computer games will go to bed later and move less during the day. Factors such as poor infant feeding and nutrition, lack of sleep and physical activity, excessive use of gadgets and consumption of sugar-containing beverages can be eliminated if parents and children are sufficiently informed about the possible consequences of obesity.

Conclusion. The prevalence of obesity among children and adolescents is steadily increasing, and health care in many countries spends large resources to treat the consequences of this disease. In different periods of childhood, different risk factors come first. Currently, the issue of preventing the development of overweight and obesity in different age periods is acute. This problem is complicated by the fact that many risk factors for developing obesity are closely linked to social and economic problems in society, such as poverty and low levels of education, which cannot be solved by public health alone.

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