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Obesity Epidemic

By iConcept Press

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0.7in. Obesity is a medical condition in which excess body fat

has accumulated to the extent that it may have an adverse

effect on health, such as increasing the likelihood of heart

disease, diabetes, obstructive sleep apnea, and osteoarthritis.

Obesity is most commonly caused by a combination of

excessive food energy intake, lack of physical activity, and

genetic susceptibility. It is one of the most serious health

problems of the 21st century, especially in those highly

developed countries, with increasing prevalence in adults and

children. Chapter 1 presents results of a systematic review of

school-based interventions that incorporated a nutrition

component designed to prevent childhood obesity. Chapter 2

shows the association between overweight and obesity in

school age children and their parents. Chapter 3 points out

that high calorie intake and/or low physical activities reflecting

in high or low body mass index, abdominal circumference,

blood pressure and heart rate are not dependent on wealth

and level of education. Chapter 4 presents high prevalence rate

of obesity in Serbian preschool children, particularly for girls,

where preschoolers with high aerobic fitness...



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