



Assessment Of Lifestyle And Nutrition Of Children And Adolescents With Overweight And Obesity

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ABSTRACT

In recent years, there has been an increase in the prevalence of obesity among children and adolescents of different ages. This study surveyed children and adolescents with overweight and obesity to study their daily routine, physical activity and nutrition. As a result of the study, the main factors contributing to the development of obesity and the most common age of onset of obesity in respondents were identified.

Keywords:

obesity, children, adolescents, body mass index, physical activity, nutrition, overweight.

Relevance. The World Health Organization has declared obesity a “global epidemic” of humanity, which has become significantly “younger” in recent years. Obesity is currently considered as a polyetiological, chronic, relapsing disease associated with the development of a number of diseases that shorten a person’s life expectancy and reduce its quality. One of the serious problems of modern medicine is the increasing prevalence of obesity among children and adolescents. According to the World Health Organization, since the mid-20th century, epidemics of infectious diseases have been replaced by epidemics of chronic non-communicable diseases, which cause 60% of all deaths in the world and are most often associated with overweight (BMI) and obesity [2, 4, 6, 8, 10, 12, 22].

According to the World Health Organization, overweight and obesity predetermine the development of up to 44% of all cases of type 2 diabetes mellitus, and up to 23% of cases of coronary heart disease. The total economic harm resulting from obesity exceeds that when compared with cancer. At the same time, excess

weight is recognized as one of the correctable risk factors for the development of many diseases and is a removable cause of morbidity and mortality. It is no secret that the problem of overweight and obesity has its “roots” in early childhood, when the lifestyle and nutritional patterns, taste preferences and level of physical activity are programmed for the entire subsequent life of the individual [1, 3, 7-27].

Purpose of the study. Study and assessment of physical activity, lifestyle, diet and consumption of selected foods among obese children and adolescents.

Materials and methods. A questionnaire was developed that included 50 questions. All questions in the questionnaire can be divided into the following blocks: personal data (age, gender, etc.), daily routine, physical activity, diet and food. The survey involved 120 obese children and adolescents aged from 5-6 to 16-17 years. Next, statistical processing of the data was carried out.

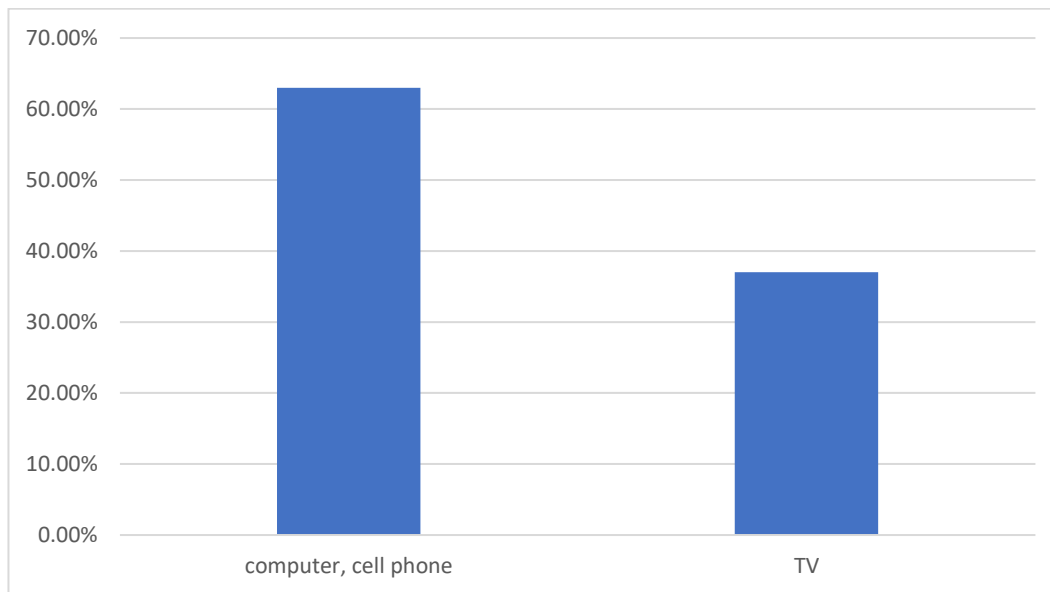
Results. During the study, when asked about the age when they noticed the onset of obesity, 35.3% of children were at the age of 5-6 years,

48% - at the age of 7-10 years, 10.7% - at the age of 11-15 years, and only 6% are aged 16-17 years. That is, the first signs of obesity (excess body weight) in most cases are detected in children of preschool and primary school age.

The supposed causes of obesity, 49.5% of survey participants believed that it was unhealthy diet, 27.8% - low physical activity, 18.3% - heredity, 4.6% - the use of medications

Figure 1.

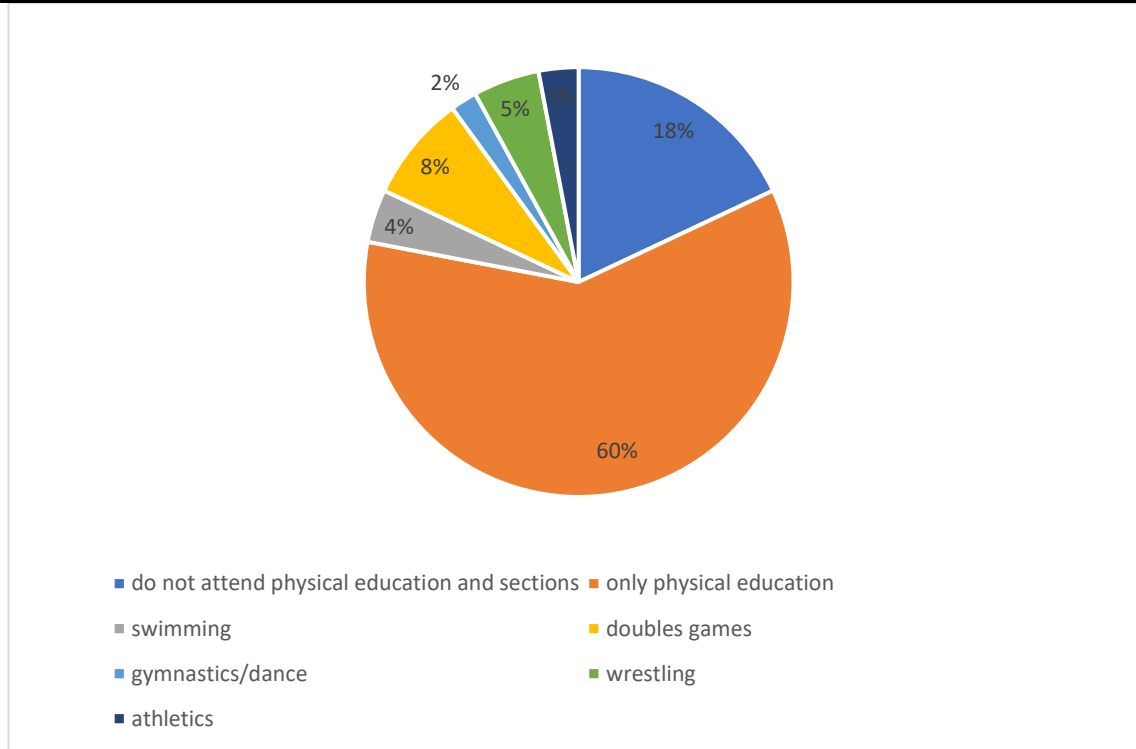
Percentage of children spending more than 2 hours a day on a computer, cell phone, or TV



As one of the indicators of a sedentary lifestyle, the time that children and adolescents spend on a computer, cell phone, and TV was analyzed. It was revealed that 62.7% of survey participants spent more than 2 hours a day on a computer and cell phone, and 37.3% on TV (Fig. 1).

Figure 2.

Attending physical education classes and sports sections



To assess the physical activity of obese children and adolescents, total indicators were calculated taking into account the responses. When analyzing the attendance of various sports sections and physical education classes, the following answers were revealed: 18% of survey participants do not attend physical education classes and sports sections, 4% - go in for swimming, 2% - gymnastics (or dancing), 5% - go in for wrestling, 8% - doubles games (badminton, chess, etc.), 3% - athletics (Fig. 2).

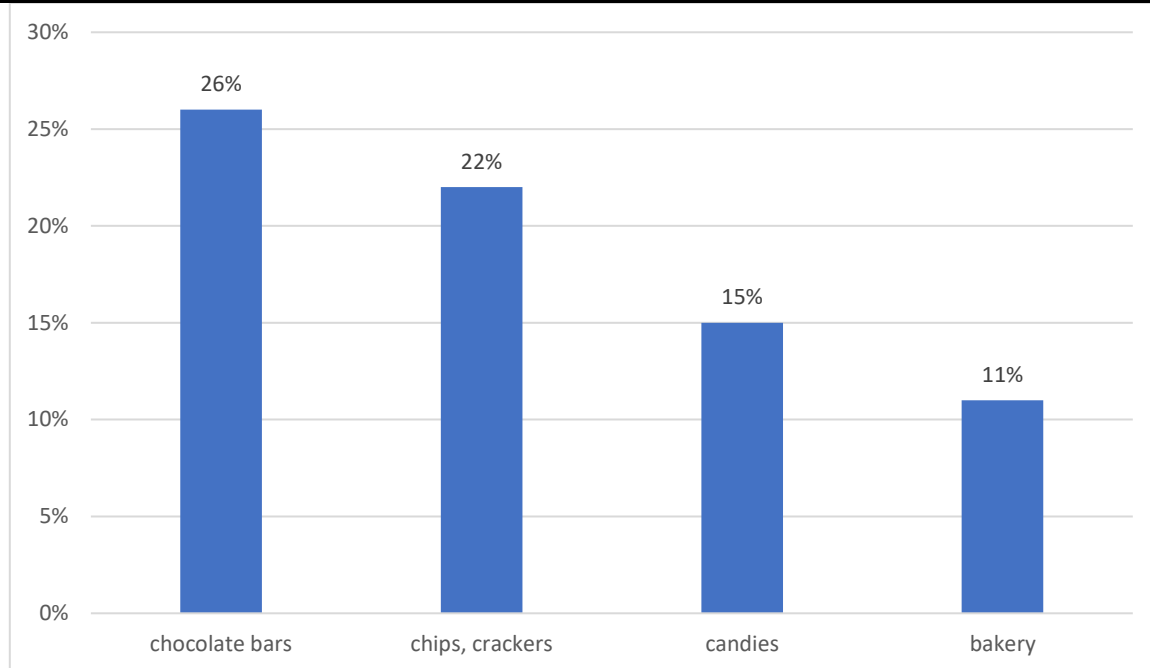
To assess the daily physical activity of children and adolescents, in addition to attending sports sections, the most popular sports skills of children were analyzed. 48% of children answered that they knew how to ride a bicycle, 60% of children - on a scooter, 20% of children - on roller skates, 2% of children - on skates, 10% - on a skateboard. It was noted that many children rarely ride. 40% of children ride only once a month or less, 20% of children - several times a month, 28% - at least once a week, 12% of children - 2 or more times a week.

The most popular type of physical activity is walking; 46% of respondents spoke that they walk every day; 26% of children walk several times a week.

The diet, depending on meals, turned out to be four or more times a day for 66% of respondents, the remaining 34% ate 3 times a day (not counting snacks). Of those surveyed, only 21% of children and adolescents do not eat anything after dinner. And for many children and teenagers, a late dinner was traditional, which was explained by the late arrival of parents from work.

An analysis of the frequency of consumption of individual foods that are recommended to be limited in case of obesity showed that the diet of most children and adolescents includes sandwiches, pasta, and fatty foods. This food is consumed by most children and adolescents almost daily. Fatty foods are consumed daily by 34% of children, and several times a week by 58% of children. 18% of children consume pasta daily, 46% of children consume pasta several times a week.

Figure 3.
Types of snacks for overweight children and adolescents



According to the results of processing the questionnaires, the first place among the high-calorie snacks, the most popular for snacking, was various chocolate bars - 26%, the second place was taken by chips, crackers - 22%, the third place was taken by candies - 15%, the fourth place - 11%, baked goods (Fig. 3).

Conclusion. The greatest peak in the occurrence of obesity occurs during primary school (7-10 years). The main causes of obesity were: poor diet and low physical activity. Most obese children and adolescents lead a sedentary lifestyle, spending a lot of time on cell phones, tablets, computers, or televisions for entertainment. Many children and adolescents have irrational nutrition.

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