



Child hood obesity is a tickling bomb- are we ready for the challenge?

The number of children and adolescents aged 5–19 with obesity had increased to 50 million girls and 75 million boys. Previously it was USA, but now China had the most obese boys and girls, followed by the USA and India. The number is going to increase in near future and with expanding population like in India, the threat is going to be alarming. Currently 5-8.8% of school children are obese in India and if the pace continues like this, 27 million Indian children will be obese by 2030. The digitalization, physical inactivity, faulty dietary habit and poor parental knowledge is the main key and is increasing over time. Aware of this global emergency posed by excess weight in children in near future, World Health Organization (WHO) endorsed “no increase in childhood overweight by 2025” as one of the six global nutrition targets. It itself justifies parents and policy makers to think and act now, before it is late to intervene.

Child hood obesity and Consequences

Overweight or obesity during childhood has important short-term and long-term consequences. In the short term, children who are overweight or obese are more likely to suffer from psychological issues like depression, anxiety, low self-esteem and behavioural disorders, health issues like asthma, liver complications, joint problems, high blood pressure, cholesterol and diabetes. In the long term, being the weight remain for long time since childhood to adult increases the risk of developing cardiovascular diseases, diabetes, some cancers, and musculoskeletal disorders in adulthood, which can lead to disability [21] and premature death [22–24]. In addition, the treatment of obesity in adulthood is difficult [25], with evidence suggesting that around three-quarters of children who are overweight or obese carry this status into adulthood [26]. Strong persistence of overweight

status and low efficacy of available treatments highlight the need to prevent overweight and obesity at the earliest possible stage of life.

Childhood Obesity– The problem for Generation Next

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