Abstract

Obesity is an accumulation of excess fat over a period of time. In children, obesity affects their lives by creating life threatening diseases like sleep apnea, high blood pressure, type 2 diabetes, cardiovascular diseases, cancer, and mental and physical problems. BMI (body mass index) is used as a standard indicator of overweight and obesity. Quicker interventions are needed to help overweight children understand the importance of losing weight and begin to take some action. Doctors should access obese children early in life to see if there are elevated BMI, and address any health risks such as poor eating patterns and physical activity habits. Obesity prevention information suggesting weight control strategies for those children with excess weight should also be provided. BMI should be measured yearly. Information should also be taken about family obesity, growth patterns and exercise programs as well as any medical risks. To prevent obesity there should be recommendations of physical activity and eating behaviors. There should be obesity care appropriate for the child’s age to try to help the obesity epidemic.