Childhood obesity: Causes and risk factors

Liliia Safina
The Ural State Institute of Physical Culture and Sports, Russia

Childhood obesity is a serious problem as we look to the coming century, every year the numbers of children suffering from this increase in both number and severity. The complications associated with obesity dog these children nearly from birth. My interviews and observations point to a near 100 percent correlation with poor nutrition. A one year old child simply should not be experiencing complications due to obesity brought on by poor nutritional practices. Some of the main culprits are the introduction of highly caloric baby foods and the early weaning of from breast milk so prevalent in western society today. When a child is weaned to early they become irritated, a situation that can easily be confused by a parent as hunger. Though a child may be soothed by a bottle often they are irritated not hungry this begins a cycle of unnecessary feedings designed to quiet a child that not only creates an unhealthy relationship to stress and food for a child but also causes the child to consume massive amounts of calories and micronutrients that quickly make them obese. When infant formula dosages are exceeded by young parents who are often ignorant of both the nutritional content of the food they feed and the required dosage needed for their infants a dangerous cycle is created that teaches stress consumption for entertainment and soothing creating generations of obesity and disease in the future. This cycle must be broken to turn the tide in the west. Teaching young parents about nutritional guidelines for infants is imperative to stem the tide. Eating must be seen as a way to replenish energy which is the vital state that a healthy relationship with food is created.

Biography

Liliia Safina has completed her Bachelor degree at the age of 22 years from The Sport University. She is in fitness since 14 years old and she started her career from group fitness program. Now Liliia Safina is Personal Fitness Trainer of GYM at Radisson Blu Hotel and has good recommendations and many happy clients. Her lovely kind of training is functional training and she is enjoying her profession.

safinal@rambler.ru

Notes: