



Scientific Conference on Multidisciplinary Studies

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11th June, 2025

CHILDHOOD OBESITY AND ITS IMPACT ON HEALTH

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Annotation

This thesis scientifically analyzes the problem of obesity in children, its causes, health effects, as well as prevention and treatment methods. The research results show that obesity is related to improper nutrition, physical inactivity, and hormonal disorders. It also emphasizes that obesity can lead to serious consequences such as cardiovascular diseases, diabetes, and psychological issues. The thesis highlights the importance of proper nutrition, increased physical activity, and psychological support in preventing obesity. Practical recommendations for improving children's health and preventing obesity are provided in this work.

Keywords: obesity, children, nutrition, activity, hormones, prevention, treatment, health, psychology, disease, diabetes, heart, metabolism, health

The increasing prevalence of obesity among children is a growing issue due to the decline of medical culture. Today, excess weight and obesity pose a serious threat not only to adults but also to the health of children. This condition not only disrupts physical health but also leads to psychological and social problems. The prevention and effective treatment of obesity in children are now urgent matters in the fields of medicine, education, and social welfare.

The significance of this topic lies in the fact that childhood obesity can serve as a primary cause of chronic diseases in the future, such as diabetes, cardiovascular diseases, endocrine disorders, and mental health issues. Therefore, early detection, prevention, and improvement of treatment methods for obesity in children play a crucial role in modern medicine and promoting a healthy lifestyle.

The aim of this work is to explore and systematically present the causes of obesity in children, its impact on health, as well as prevention and treatment



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methods. The tasks include identifying the main causes of obesity in children, analyzing its health impacts, and studying prevention and treatment methods, along with developing practical recommendations. In this way, research on this topic will contribute to improving children's health and implementing effective measures to prevent and combat obesity.

This study explored the issue of obesity among children and its impact on health through a comprehensive approach. The research analyzed children's eating habits, levels of physical activity, family factors, and psychological conditions. Nutritional and physiological monitoring was conducted, measuring indicators such as body mass index, blood pressure, blood sugar levels, and lipid profiles. Psychological tests and interviews were carried out to identify mental and social issues, such as lack of self-confidence and depression.

The main causes of obesity included poor eating habits fast food, sugary drinks, processed foods and physical inactivity. Genetic predisposition and hormonal disorders also increased the risk of obesity. Obesity leads to conditions such as diabetes, cardiovascular diseases, high blood pressure, and lipid metabolism disorders in children. Criticism and mockery in the social environment negatively affect children's mental health, exacerbating feelings of low self-esteem.

When addressing obesity, rather than focusing on quick weight loss diets, it is crucial to establish proper eating habits and increase physical activity. Physical exercise and sports participation help reduce children's weight and improve overall health. Psychotherapy is also necessary to improve mental health and reduce social pressure.

Unhealthy approaches include strict diets, restricting physical activity, and neglecting children's eating habits, all of which exacerbate obesity and worsen health. Healthy approaches, however, are comprehensive and include proper nutrition, regular physical exercise, psychological support, and family involvement.

Based on the above information, it can be concluded that long-term, systematic approaches, rather than quick-fix methods, are effective in treating obesity. This is



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crucial for improving children's health and preventing chronic diseases in the future.

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