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Factors associated with overweight and obesity among urban school children and adolescents

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As the worldwide prevalence of overweight and obesity continues to increase, the prevention of obesity has become an important global public health initiative. Physical activity is commonly recommended as an important lifestyle modification that may aid in the prevention of obesity. Eating right regularly can help in avoiding excess weight gain and maintain healthy weight. Long term effects of unhealthy eating include increased risk of obesity apart from other chronic diseases. Recent epidemiologic evidence has demonstrated a consistent, temporal and close dependent relationship between physical activity, healthy eating habits and obesity. Experimental evidence from interventional studies has further confirmed physical activity and healthy eating habits as the favorable effects on the weight reduction practices. Despite the available evidence supporting a role for the physical activity and healthy eating habits in the prevention of obesity, many unanswered questions regarding the protective benefits and the optimal prescription for combating obesity remains. This study reviews the most recent data relating to physical activity, eating habits and their role in the prevention of obesity in children to bring social and health benefits.

Biography

Durrani A M is engaged in teaching and research in human nutrition, nutritional anthropometry, community nutrition and reproductive health, child nutrition, clinical and therapeutic nutrition and nutrition education for the last 28 years. She has completed two Research Projects, authored a book and has several research articles published in National and International refereed and indexed journals of repute. She has been convener of many conferences and chaired many national and international conferences. She has been the Chairperson of Board of studies, Research Advisory Committee, Curriculum Development Committee. She has been Member of University Court, University Academic Council, Council for Academic and Scientific Research, Faculty Meeting and Board of studies of the various departments. She is Life Member of many organizations related to nutrition.

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