

Children's eating habits & Childhood obesity

Ummay Salma Tamanna

Clinical Dietician & Nutrition Consultant, Ibn Sina Diagnostic & Consultation Centre, Dhaka.

Abstract

Obesity is epidemic problem in global among all ages of children. Children who are obese or overweight at pre-school or primary school stage, they are more likely to continue to be obese as adolescents and adults, as well as stand at an increased risk for poor health outcomes associated with excess weight. The calorie intake is greater than calorie burn and lack of healthy eating habits and physical activity in children and youth; the numbers of overweight and obese children have doubled and tripled, respectively, over the past 3 decades in Bangladesh. The sedentary lifestyle promotes the development of obesity in now a day. Improper eating behaviour of children's & feeding behaviour of parents is the main cause of consume excess amount of energy. Poor eating habits are including inadequate intake of vegetables, fruit, and milk, and eating too many highcalorie snacks, drinking sugar sweetened beverage play a great role in childhood obesity. In our country 4 to 12 years of age, more than 40% of daily snack calories come from other foods, such as chips, chocolate bars, soft drinks, fruit drinks, sugars, syrup, preserves, fats, and oils. Children's are eating too much snacks than healthy food and they eating in front of Tv screen or playing mobile games. Most of the children's skipping breakfast, eat too much at dinner, "eating out" frequently.

Conclusion: Children's food habits and choices are influenced by family, caregivers, friends, schools, marketing, and the media. Successful interventions for preventing childhood obesity combine family- and school-based programs, nutrition education, dietary change, physical activity, family participation, and counselling.



Biography:

Ummay Salma Tamanna working as a clinical dietician & nutrition consultant at Ibn Sina Diagnostic & Consultation Centre and Ummay Salma Tamanna is a Columnist of "The daily Prathom Alo, The Daily Kaler Kantho & The Daily Ittefaq. Salma Tamanna completed MPH in community nutrition from BUHS. MSc & BSc in Food Technology & Nutritional Science from MBSTU.



Speaker Publications:

Ummay Salma Tamanna et al; Effectiveness of adaptation measures for reducing the effect of salinity intrusion in agriculture practice: A Case study from Kolapara Upazila, Bangladesh, June 2020.

Healthcare and Pediatric Nutrition 2020

Dubai, UAE- June 22-23, 2020.

Abstract Citation:

Ummay Salma Tamanna; Children's eating habits & Childhood obesity; Healthcare & Nutrition 2020; June 22-23, 2020; Dubai, UAE.