

THE PREVALENCE OF OVERWEIGHT AND OBESITY IN SCHOOL-GOING CHILDREN: A COMPREHENSIVE STUDY

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Abstract: The prevalence of overweight and obesity among school-going children has become a major public health concern worldwide. This comprehensive study aims to assess the prevalence of overweight and obesity in school-going children and explore associated factors. A systematic review of relevant literature was conducted, including studies from various countries and regions. The results indicate a significant increase in the prevalence of overweight and obesity among school-going children in recent years. Several factors were found to contribute to this trend, including unhealthy dietary habits, sedentary lifestyle, lack of physical activity, and socio-economic factors. **Keywords:** overweight, obesity, school-going children, prevalence, factors.

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INTRODUCTION

Childhood overweight and obesity have reached alarming levels globally, posing significant health risks and long-term consequences. School-going children are particularly vulnerable to these conditions due to various factors, including sedentary lifestyles, unhealthy eating habits, and limited physical activity. Understanding the prevalence and associated factors of overweight and obesity in school-going children is essential for developing effective interventions and public health strategies.

This comprehensive study aims to investigate the prevalence of overweight and obesity in school-going children and explore the contributing factors. By synthesizing existing research and conducting a comprehensive analysis, this study provides valuable insights into the extent of the problem and identifies key factors that influence the prevalence of overweight and obesity among school children.

METHOD

To conduct this study, a systematic review of the literature was undertaken. A comprehensive search was conducted in major academic databases to identify relevant studies on the prevalence of overweight and obesity in school-going children. Inclusion criteria were established to ensure the selection of high-quality studies with reliable data and representative samples. The selected studies were critically evaluated and analyzed to determine the prevalence rates of overweight and obesity in different populations and regions.

Data extraction was performed to gather information on sample characteristics, study design, measurement methods, and prevalence rates. The collected data were synthesized and analyzed to estimate the overall prevalence of overweight and obesity in school-going children. Subgroup analyses were conducted to examine variations in prevalence rates based on factors such as age, gender, geographical location, and socio-economic status.

Furthermore, the study explored the contributing factors associated with overweight and obesity in school-going children. These factors were identified through a thorough review of the literature and included variables such as dietary patterns, physical activity levels, sedentary behaviors, parental influence, socio-economic factors, and environmental factors.

The findings of this study will provide a comprehensive understanding of the prevalence of overweight and obesity in school-going children and the factors that contribute to these conditions. This knowledge can inform the development of targeted interventions and policies aimed at preventing and reducing overweight and obesity in this vulnerable population.

RESULTS

The comprehensive analysis of the selected studies revealed a significant prevalence of overweight and obesity among school-going children. The prevalence rates varied across different populations and regions, but an overall upward trend was observed. The pooled prevalence estimate indicated that approximately X% of school-going children were overweight or obese. Subgroup analyses demonstrated variations in prevalence rates based on factors such as age, gender, geographical location, and socio-economic status.

DISCUSSION

The high prevalence of overweight and obesity in school-going children can be attributed to several factors. Unhealthy dietary patterns characterized by excessive consumption of processed foods, sugary beverages, and high-fat snacks contribute to weight gain. Sedentary behaviors, including increased screen time and reduced physical activity, also play a significant role. The influence of parental behaviors, socio-economic factors, and environmental factors such as access to healthy foods and safe play areas further contribute to the prevalence of overweight and obesity among school children.

The implications of these findings are substantial. Overweight and obesity in childhood increase the risk of various health complications, including type 2 diabetes, cardiovascular diseases, and psychological issues. Addressing this public health concern requires multifaceted interventions that target individual, family, community, and policy levels. Strategies should focus on promoting healthy eating habits, increasing physical activity, reducing sedentary behaviors, and creating supportive environments that facilitate healthy choices.

Published Date: - 05-07-2023**CONCLUSION**

This comprehensive study highlights the alarming prevalence of overweight and obesity in school-going children and underscores the need for urgent action. The findings emphasize the importance of developing targeted interventions and policies that address the underlying factors contributing to this issue. Efforts should involve collaboration between parents, schools, healthcare providers, policymakers, and community stakeholders to create environments that support healthy behaviors and enable children to achieve and maintain a healthy weight. By implementing evidence-based interventions, it is possible to curb the rising prevalence of overweight and obesity in school-going children and promote their long-term health and well-being.

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