

INHERITED FACTOR RELATED TO CHILDHOOD OBESITY AND ITS PREVENTION

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ABSTRACT

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Body Mass Index is a simple index of weight / height that is commonly used to classify overweight and obesity in adults. They have inherited gene from their parents that make their bodies weight easily. This would have been a very good trait hundreds of years ago, when food was hard to find and people were very active. Today, though, this can work against people who have these genes. Genetics is not the only cause of obesity. To become obese, children must also eat more calories than they need for growth and energy. Environment factors are that surround the children and influence their feed intake and physical activity. These factors are seen in various setting such as at home, in school, and in the community. At home, the parent-child interaction is very crucial as parents can influence children food choices and motivate them to have a healthy lifestyle. The objective of this study- To assessment of obesity awareness among school going children, to know about the heredity and parent inherited factor that leads to obesity. Total of 100 school going student were selected from two different schools of Lucknow District.

KEYWORDS: Overweight, Childhood Obesity, Genetic & Environment Factor