RISK FACTORS AND COMORBIDITIES OF CHILDHOOD OBESITY

Sotiria Giannopoulou1, Maria Eliopoulou1, Charalampos Gogos2
1 Endocrinological unit, Pediatric Department, Karamandano Children’s Hospital of Patras, Greece
2 Internal Medicine Department, University of Patras, University Hospital of Patras, Greece

Introduction

The epidemic of childhood obesity has emerged as one of the most serious public health issues since this disease leads to multiple disorders in many systems of the human body and decreases the quality of life and the life expectancy. Plenty of studies have searched for risk factors which cause pediatric obesity and precocious markers of comorbidities which follow obesity.

Method

This study is a cross-sectional and retrospective case-control survey which aim is to find risk factors and complications of childhood and adolescence obesity.

Results

Consumption of high food quantity (p<0.001), high amounts of junk food (p<0.001), skipping breakfast (p=0.065), low physical activity and sedentary behaviours (p=0.002) of children are major risk factors of childhood obesity. Their parents’ customs also are important risk factors; mother’s and father’s consumption of high food quantity and high amounts of junk food (p=0.012 and 0.014), parents’ low physical activity and sedentary behaviours (p=0.042). On the contrary, food quality appears not to influence the prevalence of childhood obesity. Sufficient amount of sleep is an important limiting factor of the obesity onset (p=0.036).

This study does not reveal pre-natal and post-natal determinants. The socioeconomic position of the family and the area of residence does not influence the incidence of pediatric obesity (p=0.14 and p=0.54).

References

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Conflict of Interest

No potential conflicts of interest were disclosed.