

Nutrition and Childhood Obesity: A Global Perspective

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Abstract. This study examines the global trends in childhood obesity, highlighting the role of nutrition and lifestyle factors. It explores the increasing prevalence of obesity among children worldwide, driven by poor dietary habits and lack of physical activity. The article discusses the impact of obesity on children's health and the importance of early intervention strategies. It also provides recommendations for policymakers to promote healthier eating and active living among young populations.

Keywords: Childhood Obesity, Nutrition, Global Health, Intervention, Public Health

Introduction

Childhood obesity has become a global epidemic, with significant implications for public health. Poor dietary habits, characterized by high consumption of processed foods and sugary beverages, along with sedentary lifestyles, have contributed to the rising prevalence of obesity among children worldwide. This article provides a comprehensive overview of the current trends in childhood obesity, emphasizing the need for effective intervention strategies. The health consequences of obesity, including increased risk for chronic diseases such as diabetes and cardiovascular conditions, necessitate urgent action. Policymakers must prioritize initiatives that promote healthy eating and physical activity, ensuring a healthier future for the younger generation.

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