

Nutrition and Obesity among Children

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The modern technology ways of influence an importance on Pediatric Nutrition among toddlers, children's and teenagers health. A global Public Health Crisis announced that this is the most common chronic disease of childhood affecting more than 38% of children source. Whether there is a connection of children's health Education and prioritizing systems for their development can correlate with modern life for their wellness and wellbeing.

The association between Pediatric dietary sources and various diseases like Obesity, diabetes, thyroid and risk factors is a complex process! The focus based on the essential nutrients strategy for children's at different types and levels such as; the food is the way we grow it, process it, distributed it, how we eat it. Food can do so much to our lives. It can improve the expression thousands of genes, hormones it can up ten thousands of protein and most of the people today they have no clue that the industrial food system has an effect of hijack taste buds.

The role of nutrients intakes are reported to modify genetic susceptibility to diseases such as obesity, with the expectation that this would provide a scientific basis for cancer prevention via dietary modification.

It is crucial for the controversies of increase risk of nutrients deficiency and obesity among young generation that leads to life serious health problems.

The history & the concept of preventing the consequences of obesity growth and reversely effect of nutrients deficiency have been studied since 1976.

The effective intervention strategies are being used to prevent and control obesity in children including a variety of interventions and governmental actions addressing obesity and the challenges ahead for managing this epidemic.

In my case study I discovered that exercise plays a vital role with childhood obesity and its associated lowering obesity related consequences as lack of concentration, less focus, addiction to sweets, smoking at earlier stage of life (inclusive E-cigarettes), fatigue and more.

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