

Obesity and autism spectrum disorder

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Several contributing factors have led to nearly 20% of American children being obese. Specifically, family meals and physical activity have been shown to decrease the risk of obesity status. Data also show that obesity does not affect all groups the same. For example, hispanic youth are at greater risk for obesity status than their white counterparts. In addition, some studies have found that children with Autism Spectrum Disorders (ASDs) have obesity rates above 30%. The current research project theorizes that a major contributing factor to higher obesity rates among children with ASDs is related to family meals and physical activity. Family meals can be described as meals eaten as a family in the kitchen or dining room. Greater frequency