

Childhood Obesity Management: Understanding Health and Psychological Challenges and Preventive Measures

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Abstract

Childhood obesity has become a significant public health concern with far-reaching implications for both physical health and psychological well-being. This abstract aims to explore the health and psychological challenges associated with childhood obesity and identify effective preventive measures and management strategies. Health complications of childhood obesity include an increased risk of developing chronic conditions such as type 2 diabetes, cardiovascular

taken to ensure the confidentiality and anonymity of all participants, and data was stored securely in compliance with data protection regulations. By employing a mixed-methods approach, this study aims to provide a comprehensive understanding of the challenges and opportunities in childhood obesity management, incorporating both quantitative and qualitative perspectives from various stakeholders.

Results and Discussion

The study found that children with obesity had a higher prevalence of chronic health conditions, including type 2 diabetes, hypertension, and cardiovascular disease [7]. Anthropometric measurements