

affects children's condition of factors. While genetic predisposition can play a role, environmental and behavioral factors are major contributors. Sedentary lifestyles, excessive screen time, poor dietary choices, lack of physical activity, and unhealthy eating patterns are key factors leading to excessive weight gain. Additionally, socioeconomic factors, cultural practices, and parental influence can significantly impact a child's susceptibility to obesity [2].

developing low self-esteem, body dissatisfaction, depression, anxiety, and eating disorders. The negative body image associated with obesity can lead to social isolation, teasing, bullying, and discrimination, affecting the child's overall well-being and quality of life [7,8].

- Pediatric obesity tends to persist into adulthood, leading to long-term health consequences. Obese children are more likely to become obese adults, which further increases the risk of chronic conditions such as heart disease, stroke, certain cancers, and musculoskeletal disorders. Additionally, the economic burden of obesity-related healthcare costs is substantial, placing a strain on healthcare systems globally.

Pediatric obesity disproportionately affects children from low-income backgrounds. Limited access to healthy food options, such as fresh fruits and vegetables, and a higher prevalence of food deserts contribute to unhealthy dietary patterns. Additionally, sedentary behaviors may be more common due to