

Conclusion

Overweight and obesity in children are a global public health problem. The prevalence of overweight and obesity in children has increased significantly in the past few decades. This is due to a combination of factors, including changes in diet and physical activity levels. The most common cause of overweight and obesity in children is a calorie imbalance, where the child consumes more calories than they burn. This can be due to a variety of factors, including eating a diet high in calories and low in nutrients, and not getting enough physical activity. Overweight and obesity in children can lead to a variety of health problems, including type 2 diabetes, heart disease, and high blood pressure. It is important to identify and address the causes of overweight and obesity in children as early as possible to prevent these health problems. This can be done through a combination of dietary changes, increased physical activity, and behavioral interventions. The B.