

Review Article

## Adolescent Obesity

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### Abstract

Obesity is public health burden and affects all age groups, including children and adolescents. For children aged between 2 and 19 years having a BMI  $\geq 85$ th percentile but  $< 95$ th percentile is defined as being overweight. Being obese is defined as having a BMI  $\geq 95$ th percentile. Nutrition during early development is directly associated with future obesity. In case of having an obese mother; offspring's obesity onset occurs earlier regardless of race or ethnic groups. Obesity brings psychosocial problems with itself. Obese children may have difficulties in interacting socially with environment; may have problems particularly with their age groups. Withdrawal from the society may be a major problem. Preventive measures focusing parents, family and environment should begin at preconception. Maternal factors of childhood obesity can be eliminated, and risk factors for developing adolescent and adult obesity may be avoided. These measures may help us first to decrease the rate of obesity and achieve a downward trend in prevalence. This in turn; may decrease the number of people with obesity and obesity related diseases.

**Keywords:** Adolescent; Obesity