THE STUDY LIFESTYLE AND DIETARY HABITS IN OVERWEIGHT ADOLESCENTS.

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Obesity in children is now one of the most wide spread medical problems. Obese children are more likely to be obese adults. Increasing prevalence of overweight and obesity is an important public health problem contributing to significant excess in morbidity and mortality. **Aim.** To study lifestyle and dietary patternsin overweight adolescents. **Material and methods.** Evaluated the lifestyle and dietary habits of school students and the prevalence of some nutritional problems by survey of 80 adolescents with obesity. **Results:** Dietary habits of children have shifted away from healthy foods such as fruits, vegetables, and whole grains to a much greater reliance on fast food, processed snack foods, and sugary drinks. According to survey data obesity children prefer to quench their thirst with sweet drinks (juices, sweet carbonated water), less ordinary water and compotes. Between meals they eat most first degree: chocolate, candy, chips, fruit, etc .Some eating patterns that have been associated with this behavior are eating when not hungry and eating while watching TV or doing homework: 34% of children sometimes eat, when they are angry or depressed or if they have nothing to do. The popularity of television, computers, and video games translates into an increasingly sedentary(inactive)lifestyle: 43% of respondents spend at the computer or TV 3-4 hours a day in average and 35% -all free time and only 22% - up to 2 hours per day. Children mostly admitted the computer games and reading as a favorite hobby. **Conclusions.**  Television viewing, lack of physical activity, and intake of fast food and soft drinks are examined as potential contributing factors to the rapid increase in the prevalence of obesity in children and adolescents. Children should be helped to develop healthy nutrition and exercise habits early, since interventions are most effective when behaviors are still being formed. Prevention could be the key strategy for controlling the current epidemic of obesity Families and schools are the two most critical links in providing the foundation for those behaviors