EFFECTS OF LIFESTYLE OBESITY IN ADOLESCENTS

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Recently, the world observed the growth rate of obesity in children and adolescents overweight child may lead to early onset of diseases such uncharacteristic childhood as hyper-tension, diabetes, etc. These conditions, in turn, impair the quality and reduce the life expectancy of a person and requires significant economic costs to society. Obesity is a multifactorial disease. To date, we studied the role of some individual genes in the development of obesity. However, such widespread overweight in the past 20 years cannot be explained only by the influence of genetic factors, but also the result of lifestyle changes.

Aim: to study the influence of lifestyle on the development of adolescent overweight and obesity.

We conducted a pilot survey of 30 children suffering from overweight school-age children in the October district of Kharkov. The questionnaire included questions relating to lifestyle. Used sociological and statistical methods. Results of the study analysis of personal data revealed that the nutritional status of children was irrational and hypercaloric, with the diet was dominated by solid fats and digest-ible carbohydrates. 55 % of children attend snack noodles. Today the company, which serves fast food make it easy and quick snack, but they rarely sell healthy food. Typically, such food contains more calories and unhealthy fats and fewer nutrients. Was found that most children between meals consumed chocolate, potato chips and ice cream. According to the study, it became known that 45 % lacked regular physical load. However, 60 % of teens spend an average 3.5 hours / day in front of TV or computer.

Conclusions. The survey found that is not the right way of life, and it is irrational and hypercaloric nutrition of children, eating out, and low physical activity due to the sedentary lifestyle is today one of the leading causes of excess weight. In this way prevention of over-weight should aim at correcting the adverse dietary habits, optimize motor mode, as well as the promotion of the child's own motivation for a healthy lifestyle that will help prevent the development of obesity and its consequences.