**Risk factors for obesity in childhood**

Kharkov National Medical University

(Department of social medicine, organization and economy of Public health service)

Kharkiv, Ukraine

Pomogaybo K.G.

**Introduction.** Obesity itself becoming an epidemic problem in many countries and all risk factors for obesity are becoming very important for healthy society. While many associate childhood obesity with an excess of food, the truth is that the causes are more complicated than that. From medical conditions to environmental factors, a child's risk for obesity increases significantly if certain conditions are present Childhood obesity continues to rise, and so do the negative results that come with it. Type 2 diabetes, asthma, high blood pressure, and early social discrimination are just a few of the issues faced by an obese child. What’s worse, youth who are overweight or obese have substantially higher odds of remaining overweight or obese into adulthood, increasing their risk of disease and disability later in life.

**Aim.** To study risk factors of obesity in childhood

**Material and methods.** Statistical, sociological.

**Results.**We conducted a pilot survey of 30 children of overweight The questionnaire included questions concerning the nature of food, eating behavior and lifestyle. Analysis of the questionnaire data revealed that the children's meals were irrational and hypercaloric, while in the diet was dominated by solid fats and digestible carbohydrates55% of children attending a fast food. On today's fast-food allow quick and easy snack, but they rarely sell healthy foods .. As a rule, this food contain more calories and unhealthy fats, and fewer nutrients than home. According to the survey results, it became known that the majority of children consumed food in times of stress or boredom, while watching TV or reading, as well as many of them ate food just because they likes, such as chocolate, chips or ice cream. Studies have shown that 45% lacked regular exercise. The% 60 of children spent an average of 3.5 hours / day in front of the TV or computer. Long hours in front of the TV or computer can be the most dangerous pattern of behavior, as it is proved that when watching TV metabolism is produced at a lower rate, and it should be noted that the fact that TV viewing promotes unhealthy snacking habits.

**Conclusions.**Such dietary habits that have been identified in this group of children, leading to eat food regardless of whether or not a person is hungry, and from them, as a rule, very difficult to get rid of as an adult. Therefore, the data suggest that it is preventative methods to combat overweight, adjusting and correcting harmful eating habits, optimizing motor mode, as well as stimulating the child's own motivation for a healthy lifestyle can prevent the development of obesity and its consequences.