## Dietary habits [determining the occurrence of obesity](http://br.wszia.edu.pl/zeszyty/pdfs/br35_11derewiecki.pdf) among adolescents.

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**Introduction.** Childhood obesity is a global epidemic and rising trends in overweight and obesity are apparent in both developed and developing countries. Obesity has a profound effect on a child's life. It increases the child's risk of numerous health problems and it also can create emotional and social problems. Obese children are also more likely to be obese adults, increasing their risk of serious health problems such as heart disease and stroke. During childhood and adolescence, excess fat accumulates when total energy intake exceeds total energy expenditure. This energy imbalance can result from excessive energy intake and/or reduced energy expenditure for body metabolism, thermoregulation, and physical activity. Children who regularly consume food rich in calories more than their body need will gain weight, and the child will become obese over time. Risk factors for childhood obesity are not well established. Possible causes of obesity include diet composition, physical activity level, feeding behavior, endocrine and genetic factors, psychological traits, and exposure to broader environmental factors .**Aim.** To study dietary habits of adolescents. **Material and methods.** We carried out a survey of 122 adolescents who were diagnosed with obesity. The questionnaire included questions regarding diet, feeding behavior of the child. **Results:** According to the survey can be assume that in children's diets dominated by solid fats and digestible carbohydrates, was not enough vegetables, fruits, fish. Because 63% said that almost every day eat meat or sausage, almost half of the respondents said that they sometimes present in the diet of fish, and less than half said that their diets are sometimes present vegetables. Family diet of many children has the semi-finished products. Also children between meals eaten chocolate, candy or chips, and preferred to quench their thirst sodas. The carbonated soft beverages are used instead of water, affording large amounts of in apparent sugars. Only 24% of children said that they never visit fast food. Eating too much snacks and more frequent intake of food outside the home have been associated with poorer diets and higher weights. In addition most of the children took food while watching TV, 62% of children sometimes eat, when they are angry or depressed, and some of the them said that sometimes take food when they have nothing to do.**. Conclusions.** Diet of understudy children have shifted away from healthy foods such as fruits, vegetables to a much greater reliance on fast food, processed snack foods, and sugary drinks. These foods tend to be high in fat and/or calories and low in many other nutrients especially vitamins, minerals and fibers. Some eating patterns that have been identified in the study group namely eating when not hungry and eating while watching TV or doing homework leading to eat foods regardless of whether or not a person is hungry Such Dietary habits can be attributed to factors of development in this group of adolescents nutritional (or exogenous-constitutional) obesity. Thus nutritional management plays an important role in both treatment and prevention of obesity and its complications.