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A critical investigation of childhood obesity: Causes and consequences

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Obesity is a community dilemma in the world full of malnutrition. Obesity is not just common in underdeveloped countries, but also a leading disorder in the developed countries, especial among the school going children. It has been shown by many studies that junk, snacks, poor nutrition and less physical activity level are the possible causes behind the obesity in childhood besides genetics being a possible etiological factor that influences physical, mental and psychological health, and on emotional and social wellbeing. Availability of poor and non-nutritious diet (junk, snacks, fast food, soft drinks) on the school

canteens is the most influencing factor. Furthermore, obesity also leads to the bad academic performance and poor performance in co-curricular and extra-curricular activities. Poor check and balance by the parents to the diet of their child is a critical predicament. Obesity in the childhood leads to the obesity in adulthood. It has been shown by many studies that some fatal health hazards like diabetes and cardiovascular diseases are possibly originated from the obesity.

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