Obesity in kids a major factor of concern by Tom Hanks

Article published on June 20th 2012 | Health

It is a known fact that obesity is a major risk factor that predisposes individuals to various detrimental health conditions. Obesity was primarily associated with age making the older individuals more susceptible to negative health effects. But, the trend has drastically changed over the years with younger individuals falling prey to this health condition. This rising fashion was found to be the outcome of unhealthy dietary habits with fast foods, ready to eat foods and processed foods constituting the major portion of your dietary intake along with a less active and sedentary lifestyle.

But, this trend is also slowly changing with obesity being currently attracted towards kids and children as small as ten years of age. And, the fact that small kids are held in the clutches of this detrimental health condition is not a common style observed in any particular area but, a condition shaking every corner of the world. The fact that this health condition if not taken proper care right from its initial days, will turn out to be a catastrophic condition till the child becomes a young adult. And, then it will be an impossible task to get rid of the extra flab as you will be stricken with various health illnesses.

Statistical evidence of hypertension and obesity

We all are aware that obesity paves way for various grave health effects in young individuals with hypertension, diabetes and heart complications being the most common. But, what was rather quite shocking between the association of obesity and high blood pressure in children is the evidence that there exists no association between the two. A recent statistical analysis conducted on around 11,500 kids and teens by the U.S. government over a period of 20 years showed that despite being a rise in obesity from 6% to 17%, their blood pressure values on an average remain fairly constant.

Whereas, to everyoneâ€™s surprise it has been found that blood pressure tends to rise with BMI values (ratio of weight to height) indicating that height plays a stronger influential role than weight in raising the blood pressure value in kids. Hence, the study proved that childhood obesity does not relate to alterations in your other health risk factors but, at the same time should be dealt with care.

Article Source:
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The writer apart from taking into consideration various health factors and clinical conditions related to womenâ€™s and menâ€™s health into consideration, also sheds light on various health factors associa with kids.a generic pharmacy online, a generic mifeprex

Article Keywords:
Obesity, hypertension

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