



Modern Life as a Factor of Childhood Obesity: A Brief Review

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Authors' contributions

This work was carried out in collaboration among all authors. Authors WNA and RKRI designed the study, performed the statistical analysis, wrote the protocol and wrote the first draft of the manuscript. Authors AAB, DSN, ECS, ANN, JRS, TNA, DPO and SDSCH managed the study's analyses. Authors LRS, DPR, EFS and MSAV managed literature research. All authors read and approved the final manuscript.

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ABSTRACT

Childhood obesity has grown worryingly on a global scale one of the biggest influencers are technological advances exposed early to children. Therefore, this study aimed to seek in the literature the relationship between modernity and the high incidence of children above their ideal weight. The research is a systematic literature review on the factors that are linked to the high prevalence of children above their ideal weight today. After the analysis of the studies, it is notorious the impact generated by technology on the health and development of children when they are used early. Concluding the present study that the negative factors that have been contributing to the triggering of childhood obesity are: passive habits, that is, little physical activity, the large number of hours spent in front of TV, video game, DVD between Other electronic devices this combined with poor consumption feeding of high fat and sugar products and lack of physical exercise are factors that reflect a negative response in children's lives favoring body fat accumulation.

Keywords: Childhood obesity; overweight; child health.

1. INTRODUCTION

Childhood obesity has grown worryingly, both by the way parents teach and take care of their children's food, as well as by the modern way of life; today eating habits are incorrect, without schedules, industrialized foods and fast food are part of the daily routine of children, games no longer exist; now that matter is just the video games that increases sedentary lifestyle [1-4].

The increase in the weight of the population, not only in Brazil but worldwide, has worried the health system since obesity becomes the gateway to many diseases, which can cause from impaired quality of life to death [5]. More than half of the population is overweight and obesity reaches one in five Brazilians. When talking about childhood obesity, it is remembered on two pillars; one of the feeding and the other of physical activity, from the fight to the screen time of children, who, worldwide, became much more secluded and less exposed to playful activities of childhood [6,7].

Eight of the 20 countries with the highest rates of adult obesity rise are in Africa, and of the 38 million overweight children under five, almost half are in Ásia [8]. In 2017, a study by Imperial College London and the World Health Organisation brought worrying data: the number of obese children and adolescents has increased tenfold in the last 40 years worldwide [9].

Data from the World Health Organization (WHO) indicate that overweight and/or obesity already affects 39% of the adult population and 18% of children and adolescents between five and 18 years of age [10,11]. A country like the United States obesity rate is 25%, overweight has

become one of the main public health concerns in developing countries. In the notes of obesity is associated with genetic or environmental factors, but physical inactivity and bad eating habits have been a greater villain for the development of weight accumulation considered potentiating factors [12].

Since in many cases childhood obesity persists in adulthood and is associated with several chronic dis-eases, children with obesity are often examined in order to diagnose hypertension, diabetes, hyperlipidemia and liver greasy, affects the quality of life [13].

The XXI century is the period in which the axis for social communications is technologies, and children born in this new era are exposed to using technological resources before they are even literate [14].

With technological advances, electronic means such as television, mobile phones, tablets, and computers, encouraged children to become inactive and more exposed to the sedentary lifestyle. Games such as hide-and-seek, run, pick-up, jump, and several others are being abandoned from the children's routine. This revolution directly affects cognitive, social, affectionate and motor maturity [15].

Childhood obesity is a disease that grows every day not choosing social class, where this increase in prevalence presents with factors related to people have become more sedentary, the convenience generated by technological advances reflected at least physical effort for our daily routine, the practicality of electronic devices allows you to save time and save energy and save energy and many children choose

electronic equipment to have to perform some physical exercise [14,16].

Another negative factor addressed was the time spent in front of television, and the same is a communication vehicle used for entertainment, in view of this, the marketing companies take advantage of this audience of children to expose their products and inducing the consumption of fat-rich products thus contributing to an inadequate lifestyle of poor diet and little physical activity [17,18].

If there is no urgent change in habits, Brazil is in danger of having 11, 3 million overweight children by 2025, according to an alert released by the World Obesity Federation [19]. Regardless of overweight, abdominal fat is an important risk factor [20].

The prevalence of malnutrition in children and adults has declined rapidly in recent decades, while overweight and obesity have increased in the Brazilian population, especially among adults [21]. Therefore, this study aimed to seek in the literature the relationship between modernity and the high incidence of children above their ideal weight.

2. METHODOLOGY

This study is a systematic literature review on the factors that are linked to the high prevalence of children above their ideal weight today.

To identify the articles on the subject, a search was carried out in the Databases Virtual Health Library (VHL), SciELO (Scientific Electronic Library Online), PubMed and Google Scholar using the following descriptors: "childhood obesity", "overweight" and "child health". The inclusion criteria of the articles were: original and research articles that conceptualize research related to childhood obesity, published from 2002 to 2020, giving greater emphasis on the factors of modern life, in different fields of research, covering finalized searches in the languages, Portuguese, English, and Spanish.

Articles that did not address the proposed theme and did not meet the stipulated publication period and paid publications were excluded. The deleted articles were grouped into the order: repeated, irrelevant, review, other publishing formats (edict, short communications, perspectives, letters), and other languages.

3. RESULTS

After the use of the descriptors and the stipulated filters, it allowed us to obtain 47 references from which 24 were discarded due to fit the exclusion criteria adopted and for presenting duplicity, as shown in Fig. 1. Thus, 21 references were adopted according to the inclusion criteria and keywords related to childhood obesity and its factors, fostered by modern life.

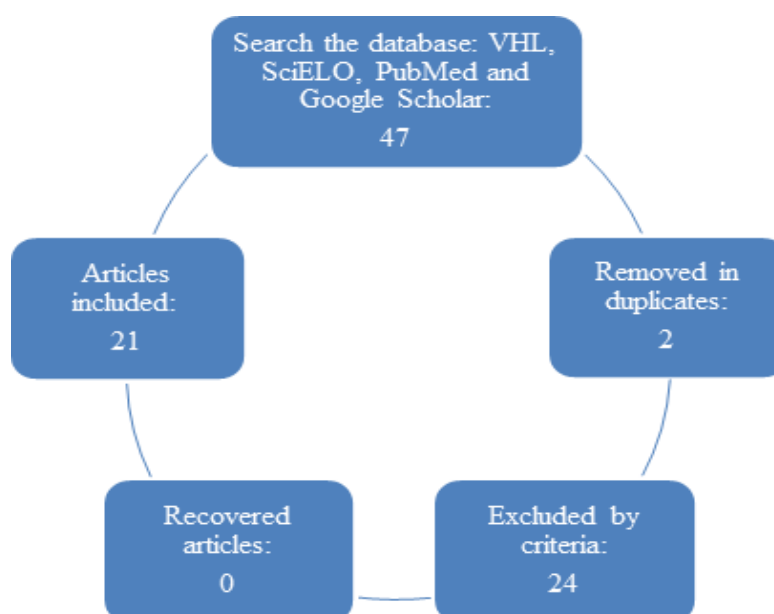


Fig. 1. Flowchart of identification and selection of articles (Prepared by the authors, 2020)

4. DISCUSSION

After the analysis of the studies, it is notorious that technological advances have become extremely useful in the daily life of human life, but in some conditions presented and has presented certain consequences in the health sphere. Some tools of modernity (TV, mobile phones, tablets, computers, among others) became harmful by early exposure in the hands of children due to its pleasant characteristic, reflecting on the development of social, motor and cognitive Smaller. In this sense health is the most affected.

Due to globalization people have become more sedentary, the convenience generated by technological advances reflected at least physical effort for our daily routine, the practicality of electronic devices allows you to save time and save energy in addition to many children choose electronic equipment to have to perform some kind of exercise.

Therefore, childhood obesity has become a matter of worldwide attention due to the high prevalence of children overweight, and thus in the future impact on the increase in the rate of obese adults and cases of chronic non-communicable diseases if not reversed to current situation.

5. CONCLUSION

Concluding the present study, the negative factors that have contributed to the triggering of childhood obesity are passive habits, that is, little physical activity, the large number of hours spent in front of tv, video game, DVD among others Electronic devices this combined with poor consumption feeding of high fat and sugar products and lack of physical exercise are factors that reflect a negative response in the person's life favoring body fat accumulation.

CONSENT

As per international standard or university standard written parent consent has been collected and preserved by the author(s).

ETHICAL APPROVAL

According to resolution 466/12 of the ethics and research committee, the present study did not need to be submitted because it was not a study conducted with human beings.

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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