Obesity prevention and health promotion during early periods of growth and development

Jana PARIZKOVA, Ming-kai CHIN*

Laboratory of Health Promotion, Charles University, Prague, CZECH REPUBLIC
*Human Performance Laboratory, Department of Physical Education & Sports Science, The Hong Kong Institute of Education, Hong Kong, CHINA

The achievement of positive health, a status of full physical, mental and social well-being, is assumed to be the right of each individual, beginning as early as the prenatal period. The prevalence of obesity has become a global epidemic not only in the adult population, but also in children and adolescents. Potential environmental strategies and modified lifestyle, including balanced diet and physical activity, since the very beginning of life are considered to have an important impact on obesity prevention. It was shown that even the recommended dietary allowances of World Health Organizations for first three years of life are higher by 10-15 % than required. This implication applied especially to children and adolescents who reported spontaneously high levels of physical activity during the period of development followed by, positive energy balance which lead to an increased accumulation of fat. It was predicted that the promotion of poor nutritional choices such as soft drinks along with activities such as television watching and video game play resulted in an inadequate dietary intake and lack of exercise. Data from numerous studies indicated that inadequate nutrition and reduced physical activity by the mother during pregnancy influenced the growing organism during gestation. It was therefore concluded that a healthy lifestyle should be adapted by the mother during pregnancy.

Key words: Obesity, Prevention, Children, Physical activity, Nutrition

Ming-kai CHIN
Human Performance Laboratory, Department of Physical Education & Sports Science, The Hong Kong Institute of Education, 10 Lo Ping Rd, Tai Po, Hong Kong, China.
E-mail: mkchin@ied.edu.hk