



Physical Activity and Obesity in Children

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ABSTRACT Obesity is one of the most common health problems with increasing prevalence worldwide among people of all ages. Many authorities agree that genetic predisposition; physical inactivity, poor dietary choices, and a toxic environment are primary contributors to the problem of overweight children. Thus, the problem of obesity is multifactorial and thought to be a convergence of factors favouring an imbalance between energy consumed and expended. To develop effective strategies for obesity prevention, it is critical to determine the relative importance of specific obesity-related risk factors. Patterns of physical activity as well as sedentary living appear to play an important role in long-term weight regulation. Indeed a secular decrease in energy expenditure is seen to be a major cause of the recent increase in overweight and obesity. This is a critical public health concern and makes the prevention of childhood obesity a public health priority for all exercise and public health professionals. However, despite some studies addressed the question, the relationship between activity levels and obesity in children remained unclear. It has been difficult to demonstrate convincingly that physical activity plays a significant role in the development of excess body fat during childhood. In this paper we will do an overview highlighting the main issues regarding the role of physical activity in youth obesity.

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