

Bölüm 4

ÇOCUK DIŞ HEKİMLİĞİ ve OBEZİTE

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GİRİŞ

Obezite, erişkinlerde, ergenlerde hatta çocuklarda son yıllarda oldukça fazla görülen, modern dünyanın getirdiği en büyük problemlerden biridir. Obezite genel sağlığı bozacak ölçüde, yağ dokusunda anormal ve aşırı yağ birikimi olarak tanımlanmaktadır. ⁽¹⁻²⁾ Obezite kompleks ve multifaktöriyel bir hastalıktır. Aşırı ve dengesiz beslenme, yetersiz fiziksel aktivite, obezitenin hazırlayıcı faktörleri arasındadır. Bununla birlikte genetik, nörolojik, fizyolojik, biyokimyasal, psikolojik, sosyo-kültürel ve çevresel etkenler de obezite oluşumunda önemli faktörlerdir. ⁽³⁻⁵⁾

Dünya sağlık örgütünün tanımına göre obezite vücut kompozisyonunda insan sağlığını olumsuz şekilde etkileyecek düzeyde yağ miktarının artışıdır. ⁽⁶⁾ 2012 yılı verilerine göre, dünya çapında yaklaşık üç milyon insan aşırı kilo veya obezite nedeniyle hayatını kaybetmektedir. Aşırı kilo veya obezite oranı her yıl iki katına çıkmaktadır. Bu durum obezite kaynaklı hastalıkların artışına da yol açmakta ve bireylerin yaşam kalitesini bir çok açıdan düşürmektedir. ⁽⁷⁾

Çocukluk çağı halk sağlığı sorunlarının en önemlilerinden biri obezitedir. Çocukluk çağı obezitesinin iyi belgelenmiş fiziksel, psikolojik ve yaşamsal sonuçları vardır ve görülme oranı, Dünya Sağlık Örgütü'nün 2012 yılı verilerine göre, tüm dünyada artmaktadır. Genel olarak kabul edilen görüş, obezitenin aşırı gıda alımını teşvik eden ve fiziksel aktiviteyi engelleyen bir ortam nedeniyle oluştuğudur. Hazır gıdalara kolay erişim, televizyon, video izleme, bilgisayar kullanımının artışı gibi sosyal koşullar da obezite için hazırlayıcı faktörlerdir. ⁽⁸⁾ Bunların yanında uyku süresinin de obezite oluşumu üzerinde etkisi olduğu bilinmektedir. Uyku süresi arttıkça hem yakılan kalori miktarı azalır hem de gün içinde fiziksel egzersiz için yeterli zaman kalmaz. Öte yandan kısa uyku süreleri de obezitenin oluşumu için önemli bir faktördür. ⁽⁹⁾ Modern hayatın bir getirisi olarak günlük yaşamda insanlar daha az hareket etmektedirler. Fiziksel aktivite eksikliği, beslenme alışkanlıklarındaki değişikliklerle birlikte düşünüldüğünde obezite oranı da artmaktadır. ⁽¹⁰⁾

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