

ÇOCUKLUK ÇAĞINDA OBEZİTE: PSİKOSOSYAL VE DAVRANIŞSAL FAKTÖRLER

25. BÖLÜM

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Çocukluk çağı obezitesi, son 30 yılda tüm dünyada artış göstermektedir. Mevcut verilere göre gelişmiş ülkelerde obezite oranları hızla artmaktadır. En belirgin örnek olarak Amerika Birleşik Devletleri'ndeki çocukların yaklaşık %30'unun aşırı kilolu veya obez olduğu saptanmıştır (1). Aşırı kilo veya obezite prevelansı yaşla birlikte artış göstermektedir. Okul öncesi çocukların (2-5 yaş) %22.8'i, okul çağındaki çocukların (6-11 yaş) %34.2'si ve ergenlerin ise (12-19 yaş) %34.5'i aşırı kilolu veya obez, okul öncesi çocukların %8,4'ü, okul çağındaki çocukların %17,7'si ve ergenlerin %20,5'i obez olarak tespit edilmiştir (2). Erişkinlere benzer olarak çocuk ve ergenlerde de tip 2 diyabet, hipertansiyon, hiperkolesterolemi ve yükselmiş açlık insülin seviyeleri gibi obezite ile ilişkili durumlarla karşı karşıya kalmaktadır.

Çocukluk çağı obezitesi, yetişkinlik döneminde görülen obezitenin önemli bir öngörücüsüdür. Çocuğun yaşı, obezitenin şiddeti ve ebeveyninde obezite varlığı etkili olmaktadır (3). Yetişkinlik döneminde obezite tedavisi çok zordur. Bu nedenle çocukluk döneminde (özellikle ergenlik döneminden önce) yapılan müdahaleler önem kazanmaktadır. Obezite ile erken dönemde müdahale edebilmek için öncelikle obezite oluşumunda etkili olan yollar bilinmelidir.

Çocukluk Çağında Obezite Oluşumuna Etki Eden Faktörler

Çocukluk çağı obezitesinin nedenleri çok karmaşıktır. Kavramsal bir modele göre, biyolojik, sosyal ve davranışsal riskler gibi bireysel faktörler, çocuğun aile ortamı ve içinde yaşadığı toplumun büyük bir etkisi olmaktadır. Ayrıca intrauterin dönemden başlayarak etkileşime girdiği çeşitli faktörlerle birlikte maruz

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