



36. THE ROLE OF NUTRITION AND PHYSICAL ACTIVITY IN THE DEVELOPMENT OF OBESITY AMONG PRESCHOOLERS

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Introduction. According to the Republic of Moldova's Summary Report about the preschooler's health behaviors 11% of children suffer from ponderability, also 2,2 % from obesity. Nowadays it has become the fourth cause of death, which induces the importance of studying this subject.

Aim of study. To identify the role of alimentation and physical activity regarding obesity in children aged 3-7 years.

Methods and materials. Were used „Pubmed MEDLINE,, database to select relevant articles published from 2014-2023, using the key words „children obesity’’, alimentation of children, risk factor of obesity . Were found 213 sources: 174 articles, 30- reviews, 4- Clinical trials, 5-meta analysis.

Results. For the last 9 years a continuously increasing rate of obesity among children has been highlighted, becoming a pressing public health concern. Unhealthy dietary habits and lack of physical exercises remain decisive factors to this alarming trend. Parents do not know how to provide a safe model of nutrition in order to prevent obesity and educators, as well people who provide medical services do not inform about this important component of a healthy lifestyle. The impact of this lack of action on the part of the trainers of children’s health habits is huge. It extends beyond the physical and mental well-being of children and increases the risk of developing chronic diseases in adulthood.

Conclusion. Childhood obesity between preschoolers requires a multicentric approach that involves healthy behaviors promotion and the community involvement in order to create conducive environments to active living and choices about nutrition. A good way to prevent this global issue is to induce changes in three levels : attitude of parents,educators,doctors also physical activity and energy intake. It is a duty of everyone to improve the health system by improving first their lifestyle, educating healthy habits in their children's lifestyle and in the limits of their possibility to guide the parents and educators in this line.