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**Title : Unhealthy Lifestyle during adolescence: Threat to Future****Author(s) :** Tejender Kaur Sarna, Nimali Singh**Institution :** Department of Foods & Nutrition, University of Rajasthan, Jaipur, Rajasthan, India**Keywords :** *Keywords: Lifestyle, adolescence, obesity, adult obesity*

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**Introduction:**

As a result of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents. Unhealthy lifestyle pattern leads to obesity and childhood obesity has been recognized as an increasing health problem worldwide and is the most challenging public health challenges of the 21st century (WHO, 2013). Keeping this scenario in mind, a study was planned to assess the lifestyle pattern of affluent class school going obese and overweight adolescents.

**Methodology:**

2499 adolescent from Jaipur city, were selected for baseline study of which overweight and obese children were identified for the comprehensive study through IOTF cutoffs for overweight and obesity. 562 overweight and obese children were extensively studied for their anthropometry, physical activity and detailed dietary pattern was recorded for 3 consecutive days to establish association between environmental factors and development of overweight and obesity. Lifestyle behaviors like eating-out, meal skipped, snacking, screen timings, travelling mode, outdoor and indoor playing, and sleeping pattern was extensively studied. Data was analyzed using SPSS 19.0 version.

**Results:**

On the basis of IOTF cutoffs for BMI, 2499 children were classified and 21 % children were found to be overweight and 5 % children were obese. Based on WHR classification, more than 44% girls were categorized as "at risk". 76.62% children were non-vegetarians and food intake pattern showed high intake of snacks instead of regular meals and packed school lunch was often skipped. Eating out was more common in boys. Food frequency pattern indicated a high percentage of children having one or more than one type of fast food daily. Mean intake of fruits and vegetables was significantly lower than the RDAs. Energy and carbohydrates had a significant 2-tailed correlation with age. Micronutrient and mineral take was significantly lower in these obese children. Obese adolescent children due to their faulty eating habits were suffering from poor vision, nausea, vomiting, anxiety, loneliness, frequent fractures, cavities, infections and worm infestation. Overweight and obese children screen time was more than 1.5 hours/day. All children in all age group had a positive energy balance.

**Conclusions:**

Present study showed a strong association among obesity and lifestyle behaviors like sedentary lifestyle, screen timing and sleep. These obese and overweight children are at risk of suffering from NCDs like Type 2 diabetes mellitus, coronary heart disease, asthma, sleep apnea and cancer even thus a potential prey to metabolic syndrome. There is an urgent need for lifestyle intervention for a healthy diet and physical activity. Health promotion from the early stages in life by fostering healthy eating practices and regular physical activity has the potential for a major impact on health and well-being during childhood and later stages in life which influence adult physical activity, attitudes and behaviors and also because many serious diseases begin their course in childhood preventive measures should be undertaken at early stage of life eating habits and physical activity are particularly important of an attitudes towards health issues (Sarna and Singh, 2014).

**References:**

- World Health Organization 2013. <http://www.who.int/dietphysicalactivity/childhood/en/Aug 2013>
- Sarna T.K., and Singh N. 2014. "Inadequate sleep, reduced physical activity and increased screen time responsible for obesity in children". *Int J Curr Res* 6(08):8006-08.