PHYSICAL EDUCATION PROGRAM AND CHILDREN'S OBESITY: NOW AND FUTURE

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Abstract
Purpose. Children are prominent in obesity discussions, which are particularly fraught in light. There are many factors that may cause children to become obese. Most important factors are introduced in this commentary, also have suggests on how to limit and control them.

Conclusion. Creating new environments and social norms and physical education programs for children can support more healthful and active living and reduce obesity problem.

Key words: obesity, children, physical education.

Introduction
Childhood obesity is one of the most important public health challenges of the 21st century. The problem is general and is steadily affecting many low and middle income countries, particularly in urban settings. The prevalence has increased at an alarming rate. Globally, in 2010 the number of overweight children under the age of five is estimated to be over 42 million. Close to 35 million of these are living in developing countries (De Onis 2010, Aynsley 2012).

Childhood and adolescents obesity, having both critical and long term negative outcomes, has been identified as a major health concern by the Centers for Disease Control and Prevention (Novicka 2007).

Some of the physical consequences include

Who is obese?

The words “overweight” and “obesity” are ways to describe having too much body fat. The most commonly used measure of weight status is the body mass index (BMI). BMI uses a calculation based on the ratio of someone’s height and weight (BMI = Kg/m2). Children above the 85th percentile are classified overweight and those above the 95th percentile, obese (Ditar, 2004).

The causes of the general increase in overweight and obesity are multifactorial, with changes in energy intake and expenditure related to both exact and obvious movements in societal behaviors. According literatures technology has contributed to obesity by