



## CHILDHOOD OBESITY – A MODERN SOCIETY PROBLEM IN ROMANIA

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### **Rezumat**

#### ***Obezitatea infantilă – o problemă medico-socială actuală în România***

*Cercetarea indică faptul că copiii cu părinți obezi au risc înalt de a dezvolta obezitate. Părinții pot crea pentru copii un mediu ce va favoriza formarea comportamentelor alimentare sănătoase sau pot promova excesul de greutate. Prevenirea obezității necesită o educație a societății, schimbări sociale, precum și metode pentru asigurarea succesului acestor eforturi.*

**Cuvinte-cheie:** *obezitate, profil nutrițional, copil*

**Резюме****Ожирение у детей – актуальная медико-социальная проблема в Румынии**

*Исследование показывает, что у детей у которых родители страдают ожирением повышен риск развития ожирения. Родители создают для детей условия, которые могут способствовать развитию здорового пищевого поведения или могут способствовать избыточному весу.*

*Необходима профилактика с помощью образования общества и социальных изменений, а также нужно разработать методы, чтобы обеспечить успех этих усилий.*

**Ключевые слова:** ожирение, питательный профиль, ребенок

**Objective**

Childhood obesity has reached crisis. A variety of factors, unique to modern western society, have led to the expanding prevalence of childhood obesity. Changes in specific eating patterns may explain the increase in adiposity among children. The aim of this study was to assess the association between body mass index (BMI) in children and their parents.

**Materials and methods**

From January 2014 to December 2014, a cross sectional study was conducted and a total of 234 children, between the ages of 4 and <18 years, with obesity and 234 adult persons were investigated. The control group consisted of 112 children (4 to <18 years of age) presenting to the pediatric clinic for a well-child visit and 112 adults. One questionnaire consisted of questions about personal characteristics and food intake habits was applied. Obesity was classified as a BMI of >95th percentile and severe obesity as a BMI of the 95th percentile for age and gender.

**Results**

60.68% of parents of children in the study group were overweight or obese, compared to 26.79% in the control group. Nutritional profile revealed that the protein, cereal and sugar intake was higher in the study group. Obese children have been consuming lower amounts of fats/oils, vegetables, grains, and increasing amounts of desserts, candy, beverages, and snacks. The frequency of fast food meals was 1,36 meals in the control group versus 3,65 meals in the study group. Due to accessibility, frequency number of fast-food meals is higher in children from urban versus rural areas.

**Conclusions**

The research indicates that children with obese parents have significantly elevated risks of deve-

loping obesity. Parents create environments for children that can foster the development of healthy eating behaviors or can promote overweight. Obesity prevention requires a education of society. Prevention through education and societal change is necessary, and methods to ensure success with these efforts must be developed.