



## Prevention of Malnutrition in Children, Slimming Yesterday, Obesity Today

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### **Introduction:**

The future of any nation depends on how its children's care, According to their likely future health needs of the adult population model for healthy living and wealth has increased. One of the most pressing health diet. This study is done to aimed investigate the factors influencing malnutrition in children in the past for weight loss and weight gain can be seen today.

### **Methods and Methods:**

Related articles referring to achieve in the field of databases to Google scholar, Pub Med, proquest, SID, Magiran, Springer Link,... and studies until 2013 with the key words malnutrition, child, obesity and examine their English.

### **Results:**

In the past, malnutrition was associated with weight loss, but for now he has to weight gain and obesity. Childhood obesity is emerging as a phenomenon caused health problems in childhood and adolescence, including hyperlipidemia, obstructive sleep apnea, early puberty, diabetes, hypertension and cardiovascular. In addition to the health problems of obese children will benefit from the social and psychological problems such as anxiety, fewer friends, loss of confidence, lower education, and fewer chances for marriage.... Overweight in children can be caused by poor eating habits and low activity, which is affected by the parents and the family environment.

### **Conclusions:**

Since the patterns learned in childhood affect all life on lifestyle, understand the causes of obesity and to eliminate or reduce them and reinforce the correct patterns of feeding Through education and the incidence is somewhat reduced, especially for parents to deal with this phenomenon.

**Keywords:** Child, Malnutrition, Obesity

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