

Childhood Obesity Determinants of Childhood Overweight

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Introduction

The number of obese children has grown exponentially in the recent decades, which has been the subject of concern by several entities, health care and education. Thus we performed a framework, in theoretical terms, the concept of childhood obesity and its relationship with risk factors / protective, eating habits, physical activity and sedentary lifestyle, also recent studies with conclusions that are later confronted.

Method

Considering the issue under study, the participants in this study are children (n = 1424) born in the years 2006, 2007 and 2008, aged between 3 and 6 years enrolled in 2011–2012 school year in kindergartens districts of Viseu, Leiria, Évora and Vila Real - Portugal.