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Prevalence of childhood obesity
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Background
The prevalence of obesity in children and adolescents has been in-
creasing worldwide [1, 2], having impact on children’s physical, psy-
chosocial and social well-being [3, 4].

Objective
To identify the prevalence of childhood obesity worldwide.

Methods
A systematic review of the literature began with the question: “What
is the prevalence of childhood obesity worldwide?” The research was
carried out on the EBSCO host, Google Scholar and B-On, on the sci-
centific databases Medline/Pubmed, LILACS, CINAHL, Nursing & Allied
Health Collection, Cochrane Plus Collection, MedicLatina and SciELO.
The inclusion criteria were: full-text articles, in English, Portuguese or
Spanish, published from 2013 to 2017. The Boolean equation used
was: (Pediatric Obesity) OR (Overweight) AND (Children) AND (Preva-
ience). One hundred twenty-two (122) articles were found, of these,
24 were selected after comprehensive reading.

Results
Globally, in 2016, there were 41 million children under 5 years of age
who were overweight or obese and 340 million children and adoles-
cents aged 5 to 19 years were overweight/obese [5]. In 2013, in the
European region the prevalence of overweight/obese people was
31.6%, with 17.7% corresponding to pre-obesity and 13.9% to child-
hood obesity [6, 7]. In China, the prevalence of overweight people
doubled from 13% in 1986, to 27.7% in 2009. In the United States,
31.8% of children were overweight or obese [8]; in New Zealand,
31.7% were overweight and obese, and 2.5% were severely obese
[9]. In Mexico City, 30.8% of adolescents, 24.2% of school-age chil-
dren, 14.5% of latent and 11.5% of children in preschool age were
overweight and obese [2]. In Brazil, 30.59% of the children/adoles-
cents studied were overweight, obese or severely obese [8].

Conclusions
Childhood obesity is one of the Public Health problems worldwide, it
becomes urgent to monitor the problem properly and implement
preventive measures to reduce this risk.

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