

DIETARY HABITS AND LIFESTYLE FACTORS ASSOCIATED

WITH ADOLESCENT OBESITY: A REVIEW

**NEEPA BANERJEE, SURJANI CHATTERJEE,
SATABDI BHATTACHARJEE & SHANKARASHIS MUKHERJEE**

Human Performance Analytics and Facilitation Unit, Department of Physiology, University Colleges of
Science and Technology, University of Calcutta Rashbehari Shiksha Prangan, Kolkata, India

ABSTRACT

Obesity is one of the most alarming health problems of the millennium and it is not only restricted to the adult population, but also affects the children and adolescents too, in and around the developed countries. As obesity in adolescents is a major prediction of the onset of obesity in adults, further leading to various other chronic non communicable diseases. Identification of the factors causing obesity is very important. Although genetic predisposition, is an important influencing factor, major focus needs to be given on the modifiable risk factors; in this regard, unhealthy dietary habits and physically inactive lifestyle, especially from adolescence needs to be addressed with an urgent intervention. Present paper reviewed the dietary habits and lifestyle factors, associated with obesity in adolescence.

KEYWORDS: Disease of Affluence, Socio-Economic Status, Dietary Habit, Indian Classical Dancing & Psycho-Social Benefits