BACKGROUND

- Childhood obesity is a global concern.
- Children today spend more time with electronic media than with any single activity other than sleeping.
- The link between sleep duration and obesity has been well established in adults, but comparatively little is known about this relationship in younger children.

OBJECTIVES

(1) to examine whether there is an association between lesser sleep duration and risk of childhood obesity; (2) to determine which gender is more common in childhood obesity.

The study utilized the Meta-analysis which is simply a statistical modeling.

METHODOLOGY

The keywords was combined to locate potential studies. Studies was retrieved from PubMed, Google Scholar, and the university’s comprehensive EBSCOhost Web Service which included MEDLINE, PsycINFO, Academic Search databases, and also reference lists from childhood obesity systematic literature reviews.

Data was analyzed using Review Manager (RevMan, version 5.3; Cochrane Collaboration).

RESULTS & DISCUSSION

The study provides the first meta-analysis to describe an association between lesser duration of sleep and obesity in population-based studies of children around the world.

This will serve as a reference for the school administrators to adopt models of health programs for the delivery of health care which will serve as a basis for institutionalizing sustainable programs for the school-aged children. In addition, the policy makers can design a quality school health program illuminating the importance of information and media campaigns to address the growing body of evidence points to another important risk factor for both weight gain and obesity which is getting too little sleep.

REFERENCES


CDC. Halting the epidemic by making health easier: at a glance 2010. Atlanta: Centers for Disease Control and Prevention; 2010


Hense S, Barba G, Pohlabeln H, et al. Childhood obesity is a global concern. Children today spend more time with electronic media than with any single activity other than sleeping. The link between sleep duration and obesity has been well established in adults, but comparatively little is known about this relationship in younger children.

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