Welcome to International Journal of Research in Medical Sciences

PRINT ISSN : 2320-6071
ONLINE ISSN : 2320-6012
ISSUES : 12 per year
PUBLISHER : Medio Academy

EMAIL : editorirms@gmail.com / editor@msionline.org

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Does television viewing make children obese? a review

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Received: 08 August 2015
Revised: 05 September 2015
Accepted: 30 December 2015

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ABSTRACT

Watching television (TV) is an activity that very common and increasing in children and will lead to the adverse effects on health. This study aim to inform the readers, how TV viewing influences of weight gain in the children. This data was collected from January 2003 to 2013 used Google scholar and PubMed databases with the published papers only. The articles were limited to English language and focus on the TV viewing, obesity and children as keywords. TV viewing has great influence to the consumption of high-fat foods whereas increase body mass index (BMI) eventually. Those who watch more frequently commercial TV will stimulates food intake and overconsumption, it's also promote sedentary behavior, less energy expenditure and have high risk to be obesity. TV viewing not just promote sedentary behavior or less energy expenditure but also stimulates food intake, overconsumption, influence food choice and eating occasion in front of the screen, whereas have significant correlation to the obesity in children.

Keywords: TV viewing, Obesity, Children

INTRODUCTION

Watching TV is an activity that very common in children. There is increasing concern that number of television watched by children will lead to the adverse effects on health. In the US for example there is 75 percent of children watched television for an average of approximately one hour and 20 minutes on typical day.

While in China, children and adolescents who pay more attention to TV commercials are more likely to request, purchase, and consume snacks they see advertised on TV.

Numerous studies asserted that advertising on children's television appears to be related to the prevalence of excess body weight among children. Furthermore, the content of the advertising appears to have a specific
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While in China, children and adolescents who pay more attention to TV commercials are more likely to request, purchase, and consume snacks they see advertised on TV, paid attention to TV particularly cornmercial TV were more persuade to engage in the promoted snacking behavior. TV as a media has a disturbing potential to negatively affect many aspects of children’s healthy development, including weight status, sexual initiation, aggressive feelings and beliefs, consumerism and social isolation.

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