



PEDIATRIC OBESITY AND VITAMIN D DEFICIENCY: A CONCEPT AND UNDERSTANDING

ADILO S. BAHATHIQ

Vice-Dean, Public Health and Health Informatics, Associate Professor in Reproductive Endocrinology,
Department of Physiology, College of Medicine, UMM-ALQURA University, Makkah, Saudi Arabia

ABSTRACT

Pediatrics obesity is a major community health issues globally now days. The commonness of Pediatrics obesity and vitamin D deficiency has increased over in several decades. It is caused by imbalance between calories intake and calories utilized in body. One or more factors cause obesity in children that is Physical, psychological, and social health problems are caused due to childhood obesity. Effective active strategies can be used to prevent and control obesity in children which is more effective. The purpose of this paper is to address various factors influencing childhood obesity and vitamin D deficiency. It is also addressing the sources of Vitamin D, classification, Risk factors, the role of vitamin D on adipose tissue, the genetic role in vitamin D and obesity, the role of inflammation on obesity and Vitamin D status in Middle East, etc.

KEYWORDS: Child Obesity, Pediatric Obesity, Vitamin D Deficiency