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Child nursing initiatives to obesity and prevent obesity in children at the age of between 3-6: Systematic review

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Obesity, which is the most important health problem in childhood all over the world, occurs when the energy taken with the nutrients is more than the energy needed by the body. This situation continues to be seen not only in childhood, but also in advanced ages due to malnutrition. To access related articles; child, obesity, nurse, obesity problems with keywords such as Cochrane, Pubmed, Scholar Google, Science Direct, ULAKBIM, YOKTEZ, search engines between 2009-2019 has been crawled. 7526 articles on the role of obesity and pediatric nurses in children aged 3 to 6 years were reached and 10 articles included in the study.

In this systematic examination, it was observed that the prevalence of obesity changed between 7.3% and 17.4% in 3-6 age group children. As a result of studies, obesity appears in children; it was found that parents attitudes, lack of physical activity, incorrect eating habits, genetic predisposition and eating habits of families were significantly affected by nutrition. It is important to note that obesity, one of the most common chronic diseases of childhood, has been initiated in childhood since it leads to prevention studies, adulthood obesity and many chronic diseases. Pediatric nurses, to provide appropriate nutrition for the age of the child, family members eat together at home, do not distract attention during meals, the exercise between meals, the regulation of daily physical activity (at least 60 minutes) the child lost the scale as a reward application, eating and activity. It will ensure the success of the fight against obesity with the behavior of the parents.

Biography

Tugba Cengiz is a master student in Hitit University Institute of Health Science. She has been working as a nurse in Hitit University Erol Olcok Training and Research Hospital since 2012.

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