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THE IMPACT OF OBESITY ON CHILDREN'S MENTAL ABILITIES

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Relevance. Obesity is one of the main current problems in the world. In Belarus more and more people also become obese. Besides we can see many children whose weight is clearly higher than normal. Obese people are at higher risk of developing such medical conditions as heart disease, high blood pressure, elevated cholesterol, diabetes and other complications. This study takes a look at the influence of obesity of children on their mental abilities.

Aim: to get statistical data about children's obesity in Belarus; to show the impact of obesity on the mental abilities of children; to identify the main reasons of pediatric obesity and suggest ways to solve this problem.

Materials and methods. Internet websites, questionnaires, scientific articles and literature, documentary films and videos devoted to this problem have been studied.

Results. In Belarus children's obesity rates are increasing from year to year. In 2017 about 25 % of children suffered from obesity, in 2018 – about 33 %. Belarus is approaching the top ten in the ranking of European countries as pediatric obesity. One of the causes of obesity is that children are dependent on gadgets now (about 85% can't imagine life without them). A large number of children often eat fast food and adhere to a sedentary lifestyle. In addition, 9 out of 10 women with overweight children believe that the weight of their children doesn't exceed the amount of body fat.

Conclusion. Numerous studies show that children, who are obese, have significant problems with mental abilities: loss of concentration when performing certain tasks, memory impairment, etc. This may be due to the fact that obesity impacts the regulation of hormones, which leads to deterioration of the brain function. Parents play the most important role in solving the problem of obesity. One should inform parents about dangers of overweight and how to understand whether the child is at high risk of developing obesity or not. For teenagers or children trying to lose weight family involvement is essential.