

# Impact of lifestyle behaviors in early childhood on obesity

December 4 2019

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Adhering to a healthy lifestyle at age 4 years is associated with a decreased risk of overweight, obesity, and abdominal obesity at 7 years, according to a study published in *Pediatric Obesity*.

The study assessed five lifestyle behaviors—physical activity, sleep duration, television watching, ultra-processed [food consumption](#), and plant-based food consumption—in 1,480 children when they were 4 years of age.

Limited TV time and low consumption of ultra-processed foods, along with high sleep time, [physical activity](#), and consumption of plant-based foods, were associated with lower body mass index and waist circumference and a lower likelihood of developing overweight or obesity and abdominal obesity at age 7 years. Longer TV viewing was the lifestyle factor that was most strongly associated with the development of obesity.

**More information:** Rowaedh Ahmed Bawaked et al, Impact of lifestyle behaviors in early childhood on obesity and cardiometabolic risk in children: Results from the Spanish INMA birth cohort study, *Pediatric Obesity* (2019). [DOI: 10.1111/ijpo.12590](https://doi.org/10.1111/ijpo.12590)

Provided by Wiley

Citation: Impact of lifestyle behaviors in early childhood on obesity (2019, December 4) retrieved 26 April 2024 from <https://medicalxpress.com/news/2019-12-impact-lifestyle-behaviors-early-childhood.html>

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