2014

The Role of Television on Early Onset Puberty

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The trend of early onset puberty has been increasing in recent years. As several studies have shown, a strong link between diet and puberty has been established in animals as well as in humans. However, not much attention has been paid to the cultural influences that have emerged recently such as television, computers, and gaming devices. Several different aspects of this trend were carefully studied and analyzed such as television and diet habits, children with early onset puberty, hormonal changes in children with early onset puberty, as well as the methodology of administering treatment. By connecting television to early onset puberty, pediatricians can reconsider treatment options for children maturing at a faster rate than normal. Increased television viewing time can be better averted. After careful analysis of reports from a wide range of persons all over the world, increased television viewing time was shown to be associated with a higher intake of fatty foods, a higher BMI, and in turn higher leptin levels. These high leptin levels were shown to be positively related to increased leptin levels, a higher BMI, and increased BMI levels were positively correlated to earlier puberty. Though television viewing increased food intake, and specifically poor food intake, leptin levels were shown to be increased in general. Children with higher BMIs were shown to have higher leptin levels, however children with regular weights also had increased leptin levels hinting at a possible other role. Further studies should take into account genetic factors and environmental factors as well. Also, rather than just television, the focus should include different entertainment devices such as gaming systems, smart phones, etc.

**Introduction**

The recent trend of earlier onset puberty has been causing much stir. In the fields of pediatrics and biology, no one has been able to conclusively give a reason why children are maturing at a faster rate than normal. A few studies showed that diet played a role in the development of the child as higher BMI children were shown to enter puberty at a significantly earlier age. I am studying the consequence of administering treatment. By connecting television to early onset puberty, pediatricians can reconsider treatment options for children maturing at a faster rate than normal. Increased television viewing time can be better averted. After careful analysis of reports from a wide range of persons all over the world, increased television viewing time was shown to be associated with a higher intake of fatty foods, a higher BMI, and in turn higher leptin levels. These high leptin levels were shown to be positively related to increased leptin levels, a higher BMI, and increased BMI levels were positively correlated to earlier puberty. Though television viewing increased food intake, and specifically poor food intake, leptin levels were shown to be increased in general. Children with higher BMIs were shown to have higher leptin levels, however children with regular weights also had increased leptin levels hinting at a possible other role. Further studies should take into account genetic factors and environmental factors as well. Also, rather than just television, the focus should include different entertainment devices such as gaming systems, smart phones, etc.

**Results/Discussion**

After careful analysis of several studies and reports, the correlation of television on diet preferences proved to be positive towards poor diet choices. Children were shown to prefer poor food high in fat as well as prefer fast food. This type of food was shown to be positively related to increased leptin levels and increased BMI. Both of those were shown to offset the child to earlier onset puberty. Treatment should shift towards limiting television as well as providing a strict, detailed prescription on what foods to avoid and a schedule to follow for television viewing to best guarantee that the patient will adhere to the prescriptions.

**Conclusion**

Television demonstrated an increased intake of fatty foods, higher levels of BMI, and higher levels of leptin. The higher levels of leptin and higher BMI levels were positively correlated to earlier puberty. Though television viewing increased food intake, and specifically poor food intake, leptin levels were shown to be increased in general. Children with higher BMIs were shown to have higher leptin levels, however children with regular weights also had increased leptin levels hinting at a possible other role. Further studies should take into account genetic factors and environmental factors as well. Also, rather than just television, the focus should include different entertainment devices such as gaming systems, smart phones, etc.

**Works Cited**


**Acknowledgements**

I’d like to acknowledge Professor Boyes for guiding me through this research and for her continuous help.