



11/9/2023

CHILDHOOD OBESITY

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Childhood obesity has become a major condition that affects both children and the adolescent around the world today. In this essay I will analyze the causes of childhood obesity and give their solutions.

Several factors work in combination to increase risks of a child becoming obese, first of all eating habits of many children are unhealthy, many consume fast foods, baked snacks and sugary drinks which make them gain weight because their diet is rich in fats and low in nutrients.

Modern children also play more indoor games as compared to outdoor games hence this limits their chances of physical exercises. Many lead a sedentary lifestyle like watching TV and playing computer games.

Parental influence and genetics are also significant. parental influence makes children to have a healthy or unhealthy behavior, while genetic factors can make some children to be prone to weight gain. Also some prescriptive drugs like propranolol and prednisone increase the risk of children developing obesity.

Childhood obesity leads to both physical and psychological effects. Physical complications like high cholesterol and high blood pressure due to sedentary life style, type 2 diabetes from unhealthy diet and also pain in

joints which results from excess weight which causes excess stress on joints.

Breathing problems like asthma have also become a nuisance in children who are overweight. This child may grow into obese adults increasing their risk of chronic complications later in life.

Obese children also experience bullying from their peers, this reduces their self-esteem and increase risk of depression.

There are solutions to alleviate the childhood obesity. First encourage children to take regular exercise, like having a specific time for exercise either in school or at home. Secondly, parents should prepare wholesome meals for their children. These meals should be high in nutrients and low in fats and sugar levels, other methods of preparing foods other than frying should be used.

A third option, government policies on unhealthy foods should be implemented, like advertising unhealthy foods should be limited and there should be a ban on selling fast foods in schools. The government should also support the health care system to ensure that childhood obesity is identified early and proper guidance and support is given to the affected children.

Also parents should ensure their children see a doctor for regular checkups.

In conclusion, childhood obesity can be tackled by having collaborative effort involving their families, schools, community and the government.

References

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