Task Topic:

**CHILDHOOD** **OBESITY** **IS** **BECOMING** A **SERIOUS** **PROBLEM** **IN** **MANY** **COUNTRIES**. **EXPLAIN** **THE** **MAIN** **CAUSES** **AND** **EFFECTS** **OF** **THIS** **PROBLEM** **AND** **SUGGEST** **POSSIBLE** **SOLUTIONS**.

***INTRODUCTION***

Childhood obesity is defined as a condition in which a child is significantly overweight for his or her age and height. Obesity can profoundly affect children’s physical health, social and emotional wellbeing and self esteem.

**CAUSES** **IF** **CHILDHOOD** **OBESITY**

1.Environmental factors: The world around us influences our ability to maintain healthy weight

2.Government and social policies: this could also potentially promote healthy that are followed by hunger and price is the most important factor in adolescents, snack choices. Adolescents associate junk food with pleasure, independence and convenience whereas likely health food is considered odd.

3.Family factors: Parents work related demands that influence eating and activity has also been associated with increased cases of obesity. The types of food available in the house and food preferences of family members can influence the type of food that children eat. In addition family meal times can influence of food consumed and the amount. Overweight mothers living in a single parent household are associated with childhood obesity.

4.Hereditary factors: this means obesity can be as a result of genetics, research has shown that BMI of 25-40% is heritable.

5. Food and activity: children gain more weight when they eat more calories than they burn through activity or exercise.

6. Health conditions and medications such as people living with HIV taking ARVS,diabetes and asthma can cause obesity.

7 Eating large amount of processed foods and junks and sugary beverages and soft drinks is another major cause of obesity.

8.Social cultural factors: Behaviors that children pick from their parents and caregivers also been found to influence the development of obesity, our social trend to use foods and a reward as means to control others and as part of socializing. The uses of food can encourage the development of unhealthy relationship with food hence increasing the risk of developing obesity.

Dietary factors: this has been studied extensively and discovered that Eating a lot on foods that are cooked in restaurants maybe higher in fats and sugars. Snacks etc.

10. Stress, emotional factors and poor sleep

**EFFECTS** **OF** **CHILDHOOD** **OBESITY**

1.It can put a child at high risk of coronary heart disease, type 2 diabetes, pulmonary and renal disorders and stroke

2.It can also affect the child’s breathing and lead to respiratory conditions such as sleep apnea

3.Obesity can lead to digestive system issues and skin issues.

4.It’s can lead to a child social isolation and low self esteem.

5.Low academic performance and low quality of life as been associated with childhood obesity. They are also more likely to miss school more frequently especially those with chronic health conditions such a as diabetes and asthma.

**SOLUTIONS** **TO** **PREVENTION** **OF** **CHILDHOOD** **OBESITY**

1. Teach a child about healthy eating habits and encourage them to remain physically active
2. Train a child to adopt a healthy eating behaviors
3. Encourage a child to engage in regular physical activities
4. Reduce sedentary activities such as watching television, movies and playing computer games
5. Consume less processed food and sugary foods
6. Encourage a child to eat more servings of vegetables and fruits
7. Eat plenty of dietary fiber and low glycemic index foods
8. Eat a well balanced calories-controlled diet as recommended by dietician or weight management health professionals.
9. Take activities such as fast walking, jogging, swimming or playing tennis for 150 to 300 minutes in a week.

**CONCLUSION**

The growing issue if childhood obesity can be solved if the society focuses on the causes. A combined diet and physical activity intervention conducted in a community with a school component is more effective at preventing obesity or overweight. Moreover if parents enforce a healthier lifestyle at home many obesity problem will be avoided. What children learn at home about eating healthy , exercising and making the right nutritional choices children make when selecting food to consume at school and at fast food restaurants. Focusing on the causes may overtime decrease childhood obesity and lead to a healthier society as whole.

**REFERENCE** **SOURCES**

* PubMed journals.
* Scholarly articles and journals.
* Google academic journals and writings.
* Health and nutrition books and online journals.