

# Childhood Obesity

## Introduction:

I was one of the first people to sign up for the fact sheet assignment, giving me a lot of options to choose from. I have already done many of the other topics and thought childhood obesity would be an interesting one to do. I chose to research this topic because one day I will have children of my own and I should know how to prevent them from becoming obese. I also baby sit a lot of children who mostly always eat junk food and with knowing about childhood obesity, I too can help prevent them from becoming obese. I know a little bit about obesity in general, but not so much on childhood obesity.

I have watched shows on Maury or Montel Williams and have seen 4 year olds already 100 pounds. I do not know how a child that young could weigh as much as a 14 year old. It sickens me to see what people do and are feeding their children. Obesity from my previous knowledge is one of the biggest preventable causes of deaths in America. If everyone eats healthy, we could lessen this % up. If we start eating a lot and un-healthy when we are younger, chances are that when we are older we are going to have the same eating habits and it will take longer to get into shape and become healthy. Since it is one of the leading preventable causes of death, we Americans should start eating healthy as soon as we are born. That way there is a slight chance of becoming obese and we will not have to worry about it in the long run.

## Section 1: Background and Problem Statement

- **Web site #1 Name:** Healthy People 2010
- **Web address:** <http://www.apha.org/programs/resources/obesity/obesityactplan.htm>
- **Background Information:**

Overweight and obesity has become the fastest growing epidemics affecting the Americans today. According to the 1999-2000 National Health and Nutrition Examination Survey (NHANES), obesity increased dramatically during the late 1990s. Studies reveal that 9 million children between the ages of 6 and 19 are labeled overweight. Children who are defined as overweight are at or above the 95<sup>th</sup> percentile of Body-Mass-Index (BMI) for their age and gender. These numbers have doubled for children and adolescents in the last 20 years.

The reason that overweight is on the rise among children is their lack of activity and poor eating habits. According to the Centers of Disease Control and Prevention, almost half of young people between ages of 12 and 21 do not participate in any vigorous physical activity. Most children who are overweight grow up to be overweight or obese adults, putting them at greater risk for health problems associated with obesity. Childhood overweight is the biggest problem facing children today.

**Goal #1-** Increase daily physical activity among children and adolescents

**Goal #2-** Reduce the amount of time kids spend watching television, video games, and the Internet

**Goal #3-** Decrease the consumption of energy-dense, high-sugar/high-fat foods like soda, ice cream, junk food, and fast food

**Goal #4-** Increase the consumption of nutritious foods like fruits, vegetables, whole grains, and skim milk.

**Goal #5-** Create social, monetary, and policy-driven incentives that reinforce long-term environmental and behavioral change

- **Web site #2 Name:** Centers for Disease Control and Prevention
- **Web address:** <http://www.cdc.gov/obesity/childhood/index.html>
- **Background Information:**

Obesity is a serious health concern for children and adolescents. Results from the 2007-2008 National Health and Nutrition Examination Survey (NHANES), using measured heights and weights, indicate that an estimated 17 percent of children and adolescents ages 2-19 years are obese. Between 1976-1980 and 1999-2000, the prevalence of obesity increased. Between 1999-2000 and 2007-2008 there was no significant trend in obesity prevalence. Among pre-school age children 2-5 years of age, obesity increased from 5 to 10.4% between 1976-1980 and 2007-2008 and from 6.5 to 19.6% among 6-11 year olds. Among adolescents aged 12-19, obesity increased from 5 to 18.1% during the same period.

Obese children and adolescents are at risk for health problems during their youth and as adults. For example, during their youth, obese children and adolescents are more likely to have risk factors associated with cardiovascular disease (such as high blood pressure, high cholesterol, and Type 2 diabetes) than are other children and adolescents. Obese children and adolescents are more likely to become obese as adults. For example, one study found that approximately 80% of children who were overweight at aged 10–15 years were obese adults at age 25 years. Another study found that 25% of obese adults were overweight as children. The latter study also found that if overweight begins before 8 years of age, obesity in adulthood is likely to be more severe.

- **Web site #3 Name:** Health & Human Services
- **Web address:** [http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact\\_adolescents.htm](http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm)
- **Background Information:**

Overweight in children and adolescents is generally caused by lack of physical activity, unhealthy eating patterns, or a combination of the two, with genetics and lifestyle both playing important roles in determining a child's weight. Our society has become very sedentary. Television, computer and video games contribute to children's inactive lifestyles. 43% of adolescents watch more than 2 hours of television each day. Children, especially girls, become less active as they move through adolescence.

Be physically active. It is recommended that Americans accumulate at least 30 minutes (adults) or 60 minutes (children) of moderate physical activity most days of the week. Even greater amounts of physical activity may be necessary for the prevention of weight gain, for weight loss, or for sustaining weight loss. Plan family activities that provide everyone with exercise and enjoyment. Provide a safe environment for your children and their friends to play actively; encourage swimming, biking, skating, ball sports, and other fun activities. Reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games. Limit TV time to less than 2 hours a day.

Type 2 diabetes, previously considered an adult disease, has increased dramatically in children and adolescents. Overweight and obesity are closely linked to type 2 diabetes. Overweight adolescents have a 70% chance of becoming overweight or obese adults. This increases to 80% if one or more parent is overweight or obese. Overweight or obese adults are at risk for a number of health problems including heart disease, type 2 diabetes, high blood pressure, and some forms of cancer. The most immediate consequence of overweight as perceived by the children themselves is social discrimination. This is associated with poor self-esteem and depression.

- **Web site #4 Name:** Childhood Obesity
- **Web address:**  
<http://aacap.org/page.wv?name=Obesity+in+Children+and+Teens&section=Facts+for+Families>
- **Background Information:**

The problem of childhood obesity in the United States has grown considerably in recent years. Between 16 and 33 percent of children and adolescents are obese. Obesity is among the easiest medical conditions to recognize but most difficult to treat. Unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths each year. The annual cost to society for obesity is estimated at nearly \$100 billion. Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise.

### **What is obesity?**

A few extra pounds do not suggest obesity. However they may indicate a tendency to gain weight easily and a need for changes in diet and/or exercise. Generally, a child is not considered obese until the weight is at least 10 percent higher than what is recommended for the height and body type. Obesity most commonly begins in childhood between the ages of 5 and 6, and during adolescence. Studies have shown that a child who is obese between the ages of 10 and 13 has an 80 percent chance of becoming an obese adult.

### **What causes obesity?**

The causes of obesity are complex and include genetic, biological, behavioral and cultural factors. Basically, obesity occurs when a person eats more calories than the body burns up. If one parent is obese, there is a 50 percent chance that the children will also be obese. However, when both parents are obese, the children have an 80 percent chance of being obese. Although certain medical disorders can cause obesity, less than 1 percent of all obesity is caused by physical problems. Obesity in childhood and adolescence can be related to:

- poor eating habits
- overeating or binging
- lack of exercise (couch potato kids)
- family history of obesity
- medical illnesses (endocrine, neurological problems)
- medications (steroids)

- stressful life events or changes (separations, divorce, moves, deaths, abuse)
- family and peer problems
- low self-esteem
- depression or other emotional problems

## Section 2: Research

- **Web site #1 Name:** The New York Times
- **Web address:** <http://www.nytimes.com/2010/02/11/health/11fat.html>
- **Summary of the research-**

A rare study that tracked thousands of children through adulthood found the heaviest youngsters were more than twice as likely as the thinnest to die prematurely, before age 55, of illness or a self-inflicted injury. Youngsters with a condition called pre-diabetes were at almost double the risk of dying before 55, and those with high blood pressure were at some increased risk. But obesity was the factor most closely associated with an early death, researchers said.

Nearly one in three American children is now considered to be either overweight or obese, and this week, the first lady, Michelle Obama, kicked off a campaign intended to end childhood obesity. The new study analyzed data gathered about 4,857 nondiabetic American Indian children born between 1945 and 1984, when the children were 11 years old on average, and assessed the extent to which body mass index, glucose tolerance, blood pressure and total cholesterol levels predicted premature death.

By 2003, 559 participants had died, including 166 who died of causes other than accidents and homicides, like cardiovascular disease, infections, cancer, diabetes, alcohol poisoning or drug overdose and a large number who died of alcoholic liver disease, which the study's authors suggested might be exacerbated by diabetes.

- **Web site #2 Name:** National Heart Lung and Blood Institute
- **Web address:** <http://www.nhlbi.nih.gov/meetings/workshops/child-obesity/index.htm>
- **Summary of the research:**

Childhood overweight and obesity have reached epidemic proportions and are major public health problems nationally and globally. Between 1970 and 2004, the prevalence of overweight almost tripled among U.S. preschoolers and adolescents and quadrupled among children aged 6 to 11 years. In 2003-2004, 17.1% of children aged 2 to 19 years were at or above the 95th percentile of Body Mass Index (BMI) compared to 5-6% in the 1970s, and these percentages are

higher in non-Hispanic Blacks and Mexican Americans (20.0% and 19.2%) than in Whites (16%). Obesity rates are also high among American Indian children with a prevalence estimate of 22% for boys and 18% for girls. Currently, about 25 million U.S. children and adolescents are overweight or obese, and children from families that are of low socio-economic status are disproportionately affected.

- **Web site #3 Name:** Childhood Obesity
- **Web address:** <http://www.mayoclinic.com/health/childhood-obesity/DS00698/DSECTION=complications>
- **Summary of the research:**

There are a lot of factors that can cause childhood obesity:

- **Diet.** Regularly eating high-calorie foods, such as fast foods, baked goods and vending machine snacks, can easily cause your child to gain weight. Loading up on soft drinks, candy and desserts also can cause weight gain. Foods and beverages like these are high in sugar, fat and calories.
- **Lack of exercise.** Children who don't exercise much are more likely to gain weight because they don't burn calories through physical activity. Inactive leisure activities, such as watching television or playing video games, contribute to the problem.
- **Family history.** If your child comes from a family of overweight people, he or she may be more likely to put on excess weight, especially in an environment where high-calorie food is always available, and physical activity isn't encouraged.
- **Psychological factors.** Some children overeat to cope with problems or to deal with emotions, such as stress, or to fight boredom. Their parents may have similar tendencies.
- **Family factors.** If many of the groceries you buy are convenience foods, such as cookies, chips and other high-calorie items, this can contribute to your child's weight gain. If you can control your child's access to high-calorie foods, you may be able to help your child lose weight.

Social and emotional complications and physical complications also play a big role in childhood obesity.

- **Socioeconomic factors.** Children from low-income backgrounds are at greater risk of becoming obese. It takes both time and resources to make healthy eating and exercise a family priority

## Section 3: Statistics

- **Web site #1 Name:** Assistant Secretary for Planning and Evaluation
  - **Web address:** [http://aspe.hhs.gov/health/reports/child\\_obesity/](http://aspe.hhs.gov/health/reports/child_obesity/)
  - **Summary of the statistics:**
  - Only 21 percent of young people eat the recommended five or more servings of fruits and vegetables each day. As shown in figure 2, nearly half of all vegetable servings are fried potatoes.
  - Percent total energy from fat actually decreased between 1965 and 1996 for children, from 39 to 32 percent for total fat, and 15 to 12 percent for saturated fat.
  - In 1994-1996, adolescent girls and boys only consumed 12 and 30 percent, respectively, of the Food Guide Pyramid's serving recommendations for dairy; and 18 and 14 percent, respectively, of the serving recommendations for fruit.
  - Soda consumption increased dramatically in the early to mid 1990s. Thirty-two percent of adolescent girls and 52 percent of adolescent boys consume three or more eight ounce servings of soda per day. Soft drink consumption for adolescent boys has nearly tripled, from seven to 22 oz. per day (1977-1978 to 1994). Children as young as seven months old are consuming soda.
  - Milk consumption has declined during the same period. In 1977-78, children age 6-11 drank four times as much milk as any other beverage. In 1994-1996 that decreased to 1.5 times as much milk as sugar sweetened beverages. In 1977-1978, adolescents drank 1.5 times as much milk as any other beverage and in 1996 they consumed twice as much sugar sweetened beverages as milk. Milk consumption decreased for adolescent boys and girls 37 and 30 percent respectively, between 1965 and 1996.
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- **Web site #2 Name:** American Heart Association
  - **Web address:** [http://www.heart.org/HEARTORG/GettingHealthy/Overweight-in-Children\\_UCM\\_304054\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/Overweight-in-Children_UCM_304054_Article.jsp)
  - **Summary of the statistics:**

Today, about one in three American kids and teens is overweight or obese; nearly triple the rate in 1963. With good reason, childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking. Among children today, obesity is causing a broad range of health problems that previously weren't seen until adulthood. These include high blood pressure, type 2 diabetes and elevated blood cholesterol levels. There are also psychological effects: Obese children are more prone to low self-esteem, negative body image and depression.

Among American children ages 2–19, the following are overweight or obese, using the 95<sup>th</sup> percentile or higher of body mass index (BMI) values on the CDC growth chart:

For non-Hispanic whites, 31.9 percent of males and 29.5 percent of females.  
For non-Hispanic blacks, 30.8 percent of males and 39.2 percent of females.  
For Mexican Americans, 40.8 percent of males and 35.0 percent of females.

The prevalence of overweight (BMI-for-age values at or above the 95th percentile of the 2000 CDC growth charts in children ages 6–11 increased from 4.0 percent in 1971–74 to 17.0 percent in 2003–06. The prevalence of overweight in adolescents ages 12–19 increased from 6.1 percent to 17.6 percent. (NHANES, NCHS)

- **Web site #3:** Get America Fit
- **Web address:** <http://www.getamericafit.org/statistics-obesity-in-america.html>
- **Summary of the statistics:**

Diabetes, hypertension and other obesity-related chronic diseases that are prevalent among adults have now become more common in youngsters. The percentage of children and adolescents who are overweight and obese is now higher than ever before. Poor dietary habits and inactivity are reported to contribute to the increase of obesity in youth. Today's youth are considered the most inactive generation in history caused in part by reductions in school physical education programs and unavailable or unsafe community recreational facilities.

Overweight prevalence is higher in boys (32.7 percent) than girls (27.8 percent). In adolescents, overweight prevalence is about the same for females (30.2 percent) and males (30.5 percent). The prevalence of obesity quadrupled over 25 years among boys and girls.

## Section 4: Consumer Information

- **Web site #1 Name:** Consumer Health Information
- **Web address:** <http://www.netwellness.org/healthtopics/obesity/childhoodobesity.cfm>
- **Summary of the information:**

According to the 2003-2004 National Health and Nutrition Examination Survey (NHANES), approximately 17% of children ages 6 through 11 are obese. That's up from 11% in 1988-1994, 6.5% in 1980, and around 4% in 1971-1974. Carrying extra weight can result in type II diabetes, asthma, high blood pressure, sleep apnea, orthopedic complications, and other physical problems. Why is this happening? Researchers have identified many risk factors. If parents are overweight or obese, children are more likely to be, too. Genetics and common eating habits are both likely causes. As with adults, a poor diet and limited amount of physical activity often add up to extra weight.

Some researchers have pointed out changes in schools' food offerings as one reason for larger school kids. Students often have unlimited access to high-calorie, low-nutrition foods such as a la

carte items in the cafeteria line and in vending machines. In addition, recess and required courses in physical education also have declined, decreasing the amount of activity and exercise students have as part of their school day.

Also, some research indicates that children in families who do not eat together at the dinner table are more likely to be overweight than those who do. Paying attention to what children eat seems to help.

Another problem: Eating too many chips, candy bars, and other high-calorie snacks. Sugary soft drinks also fall into this category. Fifty-six percent of 8-year-olds consume soft drinks daily and a third of teenage boys drink at least three cans of soda a day. On average, adolescents get 11% of their calories and 15 teaspoons of sugar from soft drinks. Increased soft drink consumption has been associated with decreased intake of nutrient-dense beverages such as milk.

Other reasons:

- An inability to determine proper portion sizes
- Eating due to stress, boredom or other reasons besides hunger
- Eating too much fast food
- Not participating in enough activity or exercise outside of school

Dietitians recommend that parents, educators, and health-care providers work together to make healthful foods more available and decrease access to foods with little nutritional value. Parents can help by eating together as a family at the dinner table at regular times as often as possible, paying attention to what their children eat, and encouraging children to engage in an hour of physical activity daily.

- **Web site #2 Name:** Consumer Reports
- **Web address:** <http://blogs.consumerreports.org/health/2010/02/three-household-habits-may-help-trim-childhood-obesity.html>
- **Summary of the information:**

With the launch of the Let's Move campaign, First Lady Michelle Obama issued a call to community leaders, teachers, health professionals, and families to tackle childhood obesity. With 1 in 3 kids now overweight or obese, this is a serious national health issue with no easy solution. However, small steps—such as cutting down on sodas, chips, and other calorie-dense foods—can make a real difference for individual kids. So, too, might the simple act of gathering the family for the evening meal. A new study has found that a trio of basic household routines—having dinner as a family, limiting TV time, and making sure kids get enough sleep—may substantially lower the risk of obesity for young children.

The study included 8,550 4-year-olds who were part of a broader study on child health and development. The children were weighed and measured, and a parent (usually their mother) was asked questions about their health and daily habits. The researchers found that kids were much

less likely to be obese if they watched less than two hours of TV on weekdays, slept at least 10.5 hours a night, and ate family meals more than five times a week. In fact, if they followed all three routines, they were 40 percent less likely to be obese than if they followed none.

- **Web site #3 Name:** Controlling Childhood Obesity
- **Web address:** <http://guardian.co.tt/features/life/2010/10/26/controlling-childhood-obesity>
- **Summary of the information:**

Childhood obesity has become an international problem, alarming doctors and health professionals globally. It's a rapidly emerging global epidemic that will inevitably have profound public health consequences as overweight children become overweight adults. Some people don't think it's a problem for children to be overweight. They reason: "chubby children don't necessarily become obese adults; they tend to lose their round cheeks and pudgy tummies as they grow older". That might have been true of past generations but less active lifestyles and the accessibility of cheap, high-calorie foods are now negatively affecting our children's health—for life.

Obesity can be dealt with on a family level. It will require patience, support and positive role modeling but it is possible. Here are some tips that will help: Watch what you eat while pregnant. Mothers-to-be do not need to 'eat for two'. Although good nutrition is critical, overeating can put you and your child at risk for obesity. Lead by example. Cook and eat healthy foods and involve your children in the preparation process. Exercise in some way, everyday, and invite them to join you. Schedule regular meal times and limit dining out. The routine keeps snacking to a minimum and ensures that the whole family eats healthy, home-cooked meals. Eat the rainbow. Brightly colored fruits and vegetables contain the anti-oxidants, vitamins and minerals that your body needs. They also contain fiber, which will make you feel fuller and cause you to eat less.

## **Section 5: Solutions to the Problem (or Issue)**

- **Web site #1 Name:** KET's Kid's Special Help
- **Web address:** [http://www.ket.org/kidshealth/wellness/obesity\\_solutions.htm](http://www.ket.org/kidshealth/wellness/obesity_solutions.htm)
- **Summary of the information:**

This Web site is not an organization, it is an informational site, to give people techniques on how to stop and what to do to help prevent and stop childhood obesity. It is those little things you can do at home and the parent is the biggest factor in this to watch what their children are eating.

In order to solve this problem, children should try some low-fat, low-sugar snacks, eat more fruits and vegetables. Make sure you record what you eat for a few days, if what you eat does not resemble the Food Guide Pyramid, make some changes. Be active by doing something you like to do, such as dancing or jumping rope. Aim for 60 minutes of moderate physical activity most days of the week.

Parents should set limits on TV and computer time. Time spent with these electronic devices tends to reduce physical activity and often increases consumption of high-calorie snacks. The American Academy of Pediatrics recommends limiting TV, movies, and video and computer games for children to no more than 1 or 2 hours per day. Eat meals together at the dinner table. Avoid watching TV during mealtimes. Limit fast food eating to no more than once per week. Avoid using food as a reward or using the lack of food as a punishment. Assign active chores to all family members, such as vacuuming, washing the car, or mowing the lawn. Rotate chores among family members to avoid boredom. Be a healthy role model for your children. Children will be more likely to eat fruits and vegetables and be physically active if parents are setting a good example. By doing these things it will slim the chances of becoming obese.

- **Web site #2 Name:** Childhood obesity: School solutions
- **Web address:** <http://www.ama-assn.org/amednews/2005/09/26/edsa0926.htm>
- **Summary of the information:**

The CSA report addresses that question. "The war on obesity cannot be fought only on the clinical front," the document notes. "It requires a collaborative and coordinated effort by many groups, and physicians are in the unique position of being able to negotiate many of those arenas."

It's a call to action, urging physicians to advocate for stepped-up attention to good health -- in their own communities and in their local schools. Physicians are recognized as leaders and bring significant credibility to such issues. Adding their voice will effectively buttress the work they do everyday in the exam room.

- **Web site #3 Name:** Sharing Solutions for Childhood Obesity
- **Web address:** <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1280362/>
- **Summary of the information:**

There are many factors which contribute to our current epidemic of obesity: the near-elimination of physical labor by technology; the disappearance of playgrounds and neighborhood ballgames; too few miles walked, and far too many driven. All of these things add up to a comfortable life, which is hazardous to our health. One rather obvious fact seems to be repeatedly ignored: we Americans simply eat way too much food, while millions of other people are starving. Why drive to the playground when it is right down the street? We should be getting as much exercise that we can, especially for children since there is just so much they can handle. It's better to push them when they're little to become involved in physical activity that way they will not have a problem when they become older.

We eat not only once or twice a day, but three or four times a day. The healthy thing to do is eat 4 or 5 times a day small portions, which almost no one really does. Instead we eat 4 really big meals. And despite what we may think or say, we adults are very bad examples. And so as noble as our intentions to help children may be, they will continue to fail if we do not recognize that we ourselves are the problem. If we want our children to change, then we have to start with

ourselves, and start to eliminate our bad eating habits. We need to teach children how to eat the day that they are born. We can't let them get into bad habits as a child or else they may never change.

## **Conclusion:**

After researching childhood obesity, I realized that if it is not caught at a young age, it can lead to death or many diseases. Obese children do tend to eat larger portions or higher calorie foods, like high-fat foods. If we do not watch what our children are eating, it will be our fault to lead them to the cause of obesity. Obesity is something that can be prevented, as long as we encourage children to eat healthy and become involved in physical activities like sports. I did not realize that 1 in 3 children today are already overweight. That is a very high percentage. It is almost shocking to know that.

I also did not know that childhood obesity is the biggest problem facing children today. I knew it was a big issue, but I did not know it was the biggest. Parents should not be bringing their child every day to McDonalds or somewhere where they only serve fatty foods. Children will become addicted and continue to eat it when they grow up. If they get accustomed to it, they will think that it is ok to always eat and increase their chances of becoming obese or even developing type 2 diabetes. It is sad that parents are the ones who can prevent childhood obesity and how much they don't because the percentage is so high. If everyone cuts down a little we can decrease the chances of our child becoming obese. I also learned that it is in people's genes to become obese. Chances are if your parents are obese you may be too because you are going to be accustomed to what they eat and do. If we all try a little harder and make sure our children are involved in vigorous activity we can lessen this percentage. It is really heartbreaking to me that parents can do this to their children.

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## **Five-minute Twitter Brief**

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**Tweet:** The reason obesity is on the rise among children is their lack of activity & poor eating habits. 1 in 3 children & teens are obese in the US.

Overweight and obesity has become the fastest growing epidemics affecting the Americans today. Today nearly 1 in 3 children and teens in the United States are already overweight or obese. Obesity is one of the biggest leading causes of preventable deaths. Childhood overweight is the biggest problem facing children today. The reason that overweight is on the rise among children is their lack of activity and poor eating habits. According to the Centers of Disease Control and Prevention, almost half of young people between ages of 12 and 21 do not participate in any vigorous physical activity. Studies show that most children who are overweight grow up to be overweight or obese adults, putting them at greater risk for health problems associated with obesity. Obesity in childhood and adolescence can be related to:

- poor eating habits
- overeating or binging
- lack of exercise (couch potato kids)

- family history of obesity
- medical illnesses
- medications (steroids, some psychiatric medications)
- stressful life events or changes (separations, divorce, moves, deaths, abuse)
- family and peer problems
- low self-esteem
- depression or other emotional problems

There are 5 goals that we need to accomplish to not become obese as a child, parents as the number one leader to try and prevent childhood obesity.

**Goal #1-** Increase daily physical activity among children and adolescents

**Goal #2-** Reduce the amount of time kids spend watching television, video games, and the Internet

**Goal #3-** Decrease the consumption of energy-dense, high-sugar/high-fat foods like soda, ice cream, junk food, and fast food

**Goal #4-** Increase the consumption of nutritious foods like fruits, vegetables, whole grains, and skim milk.

**Goal #5-** Create social, monetary, and policy-driven incentives that reinforce long-term environmental and behavioral change.

If we do not catch this at a young age overweight children and teens are more likely to develop serious health problems such as high cholesterol, high blood pressure, heart disease and type 2 diabetes. After many research of looking at cures for childhood obesity there is a new epidemic with no simple vaccine. There are no answers about “How to cure child obesity,” only suggestions and guidelines. There is no quick fix to child or adult obesity. Many doctors, nutritionists and dietitians believe this is an epidemic that needs to be addressed at the root—at home and school.

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