

Problems and Solutions of Child Obesity

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Introduction

Childhood obesity is a condition, which negatively affects a child's health and wellbeing due to the excess body fats. The prevalence of obesity in most children makes it a serious health concern. This is evident from the fact that it has many adverse health effects to the children. In the United States, an estimation of about 17 percent of children and adolescents are obese.

Childhood obesity being a rare occurrence in the past, it is now amongst the most widespread health problems affecting children and adolescents. The changes that occur in the physical and social environments of the children add up to the causes of obesity. In mitigating the effects of child obesity, several stakeholders are involved who include state health agencies, family members, community at large and health plans (Graves, Meyers, & Clark, 1988).

Problems of Childhood obesity

Childhood obesity has several problems that it presents to the child. One of the problems that it poses to a child is that obesity increases the chances of a child getting pediatric hypertension. Secondly, childhood obesity can lead to a diabetic condition known as type II diabetes mellitus thus an obese child risks getting this health problem.

Another problem that childhood obesity brings about is that there is the risk of contracting coronary heart disease by a child. Another problem of childhood obesity is that obese children experience low self-esteem hence affecting their relations with peers. In another context, social and psychological problems can be associated to childhood obesity as the most significant consequences in children.

The problems of psychological toll on children can also lead to adverse problems such as drug and alcohol abuse, depression and eating disorders. The most likely eating disorders that they might experience are anorexia and bulimia. Another significant problem associated with childhood obesity is the risk of having high blood

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