

Causes of childhood obesity health essay

[Health & Medicine](#), [Childhood Obesity](#)



This Book explores the parental influences and misperceptions of overweight infants. It suggest that many parents were not concerned about their children been overweight and believed that it was healthy, or for the parents that were overweight themselves believed that their children were overweight as they were genetically prone to be so. A study in Mexico and Greece showed that parents who were not concerned about their children's weight tend to have low income and education. Similarly, a study in the Netherlands showed that this misperception existed regardless of the parent's income or education levels. However, this research showed that this misperception can be corrected with the correct support and information provided by health care professional, as they can provide parents with a growth charts and the tools so that parents can compare their children's weight status and growth patterns and prevent their children becoming overweight or obesity. This research also showed that if the health care professional that weigh our children in first two years and observe the environment that child is in and also look at the parents BMI, the health professional can monitor the babies weight more, and advise the parents that their children weight is increasing rapidly and can be a cause of concern to the child becoming obesity. This journal article reviews recent literature and studies, mainly carried out in the United States, regarding child food behaviours and child weight. It sets out to look at how parent's child feeding behaviours impact on children's weight. It highlights that parental monitoring influences children's food selection, and that young children make healthier food choices when they know or suspect that a parent is watching them. Pressuring behaviours by adults, such as bribing children to eat healthy

foods, predicted lower fat intake and higher healthy intake. These results' suggests that some parental influence have beneficial effects of dietary intake and weight. Parental restriction of food intake was found to be a contributing factor to weight gain, it notes that girls who ate large amounts of snack food in the absence of hunger were four and a half times as likely to be overweight at ages five and seven years. Unlike any other article that has been mentioned in this annotated bibliography, this journal article looks mainly towards the positive side of parental influences on reducing childhood obesity. This article through extensive literature review sets out to look at childhood obesity as a health crisis in the United States. It goes on to examine the causes and effects of obesity. Energy intake/outtake is described as being one possible cause, while another possible cause can be genetics with five genetic mutations been identified as a cause of obesity. It also highlights that prenatal over-nutrition might have an effect of lifelong risk of obesity. Maternal obesity increases transfer of nutrients across the placenta, inducing permanent changes in appetite, neuroendocrine functioning, or energy metabolism. It also notes that those who are bottle fed as a baby are more at risk at being obese than those who were breastfed. Family factors were also highlighted as a contributory factor, with more families eating out with less control over what is being eaten. Lastly it notes that children who may be neglected, depressed are or other related problems are at substantially increased risk for obesity during childhood and later in life. This article sets out to show how parental weight status and socio-economic status correlates with childhood overweight and obesity in Ireland. The researcher interviewed families that were deemed eligible. It

also found that those who ranked lower in SES indicators (SES variables being household income, maternal education, and household class) were significantly more likely to be obese than to those marked higher. Children were also found to be more likely obese or overweight if their mother was either overweight or obese. It also highlighted the fact that if a child is in a one-parent family home where the parent is obese it is more likely to be obese (41%) Lower household class and maternal education was also found to have greater odds of childhood obesity rather than household income. The two principal findings of this research are that children from families with parents who are overweight or obese were at a significantly higher risk of obesity than children with normal weight parents. And that household class and maternal education are better predictors of childhood obesity than household income and that SES alone do not explain the association between parent obesity and child obesity . SES indicators appear to only capture some shared familial environmental factors which result in weight gain. This article sets to look at the relation between maternal smoking and childhood obesity. A cross-sectional survey was undertaken by school entrants in six schools in Germany, where an extensive self-administered questionnaire was given to participants. It found that there is higher prevalence of obesity in children whose mothers had smoked during their pregnancy. The report shows that there is a lower percentage of obese children whose parents did not smoke when pregnant, and that the percentage increased to those born where ten cigarettes were smoked daily and increased again where ten or more cigarettes were smoked daily. It highlights that even though it is expected that babies born to mothers that smoke during pregnancy are

normally known to have a low birth rate, it offers the reason of 'catch up growth' for the reason of obesity. During the first year of life, there is rapid catch-up growth regarding weight in children of mothers who smoked during pregnancy, it is this high weight gain that is associated with the increased risk for overweight and obesity in children. Similar to Project Vita (2012), this article looks at how the mother's actions while pregnant can influence childhood obesity. This book contains American based reports on the causes of childhood obesity. A committee was set up as part of a government action plan to prevent childhood obesity. The committee assigned to this task covered, different data bases from 4000 journals covering various subjects such as: chemistry, life and health, sciences to psychology. With the initial research the committee's main findings of the report showed too many calories are ingested through food and drinks and too few calories are expended through lack of physical exercise. With the most motivated parents/caregiver and a child who wants to avoid becoming obese, the report showed the lack of accessibility to recreational opportunities has a strong impact on the likelihood of children becoming obese. This report was very detailed and gave huge insight to the different causes of obesity, and also gave very clear action plans for the government on how to reduce obesity in children and adults. This article reports on a longitudinal study of the causes of obesity in women and children, the study is an American project called Project Vita. This study was interested in the effects of weight gain and obesity in pregnant women and the long term effects this would have on the children. The project started in 1990 by Dr. Gillman and his colleagues; they were interested in the health, diets and other factors that could affect

children before and after birth. In one study the team noted the different amounts of weight gained in 1044 pregnant. One-third of the mothers were overweight before being pregnant, ten percent of these children were overweight by the age of three. The ages of the women surveyed were not mentioned and this may have altered the results. The findings showed, how gaining more than the recommended amount of weight while pregnant, poses a higher risk of obesity in children at the age of three. From these studies in 1990 the suggestion was to increase the awareness of the recommended weight gained during pregnancies. Like Kries (2004), who also looks at the influences the mother, has on the unborn child, project vita looks at a different aspect of the impact on the child from the mother's actions while pregnant. Each came to the same conclusion, that the mother's action while pregnant poses a higher risk of obesity in children. This Irish government report shows the increasing levels of obesity in Ireland and other European countries. To get a national average for the height and weight of Irish children, the data was taken from a survey done by The Irish Oral Health Research Centre, this survey carried out a national survey on children's dental health in 2001-2002. The National Task Force of Ireland used this data when composing the report. The details in the report showed statistics and factors that are causing the increasing levels of obesity. The results showed that in Ireland in 2002 parents were not monitoring the amount of food child were eating outside the home. 51% of the children were consuming on a daily rate, fizzy drinks, crisps, chips and burger. Portion sizes, advertising of energy-dense food (processed) and fast foods all these factors were found to be some of the cause leading to overweight and

obesity problems for the children of Ireland. This reports made recommendations to the government, such as advising parents on the types of food and exercise a child should have on a daily basis, these were to be implemented across all sectors as obesity is a nationwide problem.