

Current issues in lifespan development essay

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Current Issues in Lifespan Development Within the last two decades

overweight children has been climbing in numbers. Many factors has cause the rising numbers of children obesity. Physical actives happen to be the main contribution among obese children. Today children do not want to involve in physical actives as in the past, but involved in technology actives.

Physical actives such as riding bikes, playing outdoor sports and exercise are decreasing while watching television, playing video games and, surfing Internet has increase. Obesity children who weight are causing discomfort and joint pain afraid to complain because doctors are recommending impact exercise. Overweight can cause by bad eating habit. Children tense to eat food containing high calories, while doing homework, watching television and eating even if there are not hungry. Today most family turns to fast food instead of home cooking because fast food is inexpensive Some causes of child obesity are modifiable, whereas others are not. Children who parents are overweight are more likely to become obese due to genetics.

Children, who eat nutritious good, do not watch much television and active still develop obesity (Bouchard. et al. 1990). Infant who mother is overweight tense to put on weight and decrease action with the first six month of birth. Lohman mention not all obese infant grew to be obese children and not all children grew into obese adult (Lohman, 1987). Obesity cause many problems for adolescent such as pediatric hypertension and diabetes.

Obesity children increase the risk of stress on weight bearing joints and coronary heart disease. Obesity children are high-risk for orthopedic issue,

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asthma, liver disease, sleep apnea and self-esteem, and may cause learning and memory problem. Obesity causes children to lose their confidence and relationship among peers. Individual dealing with obesity children cannot be aggressive, but sensitive on their needs and attention on the main goals. A weight target needs to be set to meet their goal. American obesity Association mention involvement of family members help set the target on long-term goal.

Different type of treatment can be follow to prevent and control obesity within children. Dietary therapy is the first step, as children grew older diet decrease. Professional individual can give appropriate and specific nutritional need about weight loss.

Exercise is another step, children need to exercise daily for 60 minutes (American obesity Association, 2005) Behavior therapy is another step, children should recorded the amount and type of food their eat, low in calories foods should only brought into the home, achieving goal should be awarded, apply social support to encourage a positive manner in weight loss. Surgical process like gastric bypass is a safe treatment in childhood obesity. This is the last process of treatment and used when they are a serious medical condition and perform by a surgeon (American obesity Association, 2005). Children should be thought at an early age about health habit. Behavior should contain physical and nutritional actives about how to prevent obese. School and Family is the main source of providing behavior.

Some healthy habit to plan is family outing, physical activity for the entire family and cut time watching television. Due to time children spend in

school, school need to provide a nutritional and physical active environment. United State school does not implementing healthy ways.

Youth Risk Behavior, carry out a test through center for Disease control and Prevention result reflex 16 percent of high school are overweight. School need to include in their core curriculum nutritional education for all age. School food should meet USDA standard provide a choice of vegetable and fruits, new ways to prepare food and new food.

A survey show five and six grade would choose healthier food if a greater availability and publicity show healthy food (Baur, 2004) School lunch should contain a choice of all five food group. School today is carefree and gave nacho as a main course because of cost. If follow these practice school will have healthy eating. The National School lunch program should base nutrition goals instead of profit (American Obesity Association, 2005). School need to act like parents and help prevent childhood obesity by providing active environment for children.

School should enforce physical education and comprehensive health education on a daily base from K to 12 grades. Community organization and school need to provide suitable equipment, funding and supervision for actives that met the quality and interest of children. Physical activates coursed need to be developed to accommodate appropriate exercise and sport of interest such as aerobics, Karate and, gymnastics. Obesity among children is a growing problem among health actives and social actives that will grow to adulthood. Providing program on who to prevent and understanding the treatment for obesity children can help control obesity.

Society need to educate more about childhood obesity and prevention ways. Once the society has this information they, might able to improve the health, wellbeing and, live of children.

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