

Effects of parents on childhood obesity

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



Effects of Parents on Childhood Obesity ENG 122 Instructor: Jessica Guire In the past 30 years, body fat percentages have increased dramatically in the United States among children and young adults. In fact, according to National Center for Health Statistics (2010) " The percentage of children aged 6—11 years in the United States who were obese increased from 7% in 1980 to nearly 20% in 2008. Similarly, the percentage of adolescents aged 12—19 years who were obese increased from 5% to 18% over the same period". Arguments have gone back in forth in determining what the cause for this sensitive yet detrimental subject is. BMI (Body Mass Index) is a tool for determining the amount of fat percentage a person is carrying. It is a general tool to be used to determine obesity. There are controversies pertaining to every aspect of this issue. Many people believe that overweight children come from overweight parents. A common issue is the playing habits of the last couple of generations. The argument has to do with too many video games and not enough outdoor sports. You also have no ability to go to a fast-food restaurant without a reminder of calorie counting and carb intake. Provided, will be facts and statistics involving the parent or guardians direct involvement in a dependent's eating, playing, and exercising regiment. The facts and statistics should accomplish a sense of ownership and understanding of a child's environment and the effects that the parent/guardian has in a positive or negative way. The overwhelming problem is proven to be the influences surrounding the child. The nature of this problem and the vast amount of people it pertains to is incomputable. The issue is not just in the United States either, it spans across the planet. This issue is extremely important due to the amount of health risks

surrounding it. Childhood obesity can lead to several issues as an adult such as: Coronary Heart Disease (CDC), heart attack, high blood pressure, and stroke, just to name a few. Parents/guardians are example setters. Good or bad, the eating, exercising, and living habits in general are passed down. Younger children develop eating habits from the patterns of food that they're parents allow. This directly effects how the child will grow to eat on his/her own. To support the statement regarding childhood obesity, credible sources will be used. Mostly found within the Ashford University Library. Other sources are online research sites that include, CDC, EPSCOHOST and Obesity. com. These sources have found to be credible in comparison to others and have cited any outside information they have used on their sites. The initial research has turned up an overwhelming amount of information on childhood obesity. The more specific topics dealing with childhood obesity however, have little or no information. The little that has been found to this point, direct the childhood obesity dilemma towards the parents. According to [www. obesity. org](http://www.obesity.org) (2010): " Parental Obesity - children of obese parents are more likely to be overweight themselves. There is an inherited component to childhood overweight that makes it easier for some children to become overweight than others. There are a number of single gene mutations (" genetic alterations") that are capable of causing severe childhood overweight, though these are rare". What it doesn't state is the connection of parents sitting on the couch watching T. V. in comparison to those that exercise daily with their children. Statistics are also hard to find that point out the families that eat meals at a certain time a night with their family compared to those who stop at a local fast food place twice a week.

With proper research, it can be validated that childhood obesity can be directly connected to parental guidance and habits. References Centers for Disease Control and Prevention (2011, September 15), Health Effects of Childhood Obesity Retrieved from: <http://www.cdc.gov/healthyyouth/obesity/facts.htm> Fatty meals, advertising linked to youth obesity. (2004). *Nation's Health*, 34(3), 7. Retrieved from: <http://web.ebscohost.com/ehost> Thompson, M. E. (2010). Parental Feeding and Childhood Obesity in Preschool-age Children: recent Findings from the Literature. Retrieved from: <http://web.ebscohost.com/ehost> The Obesity Society (2010), Childhood Overweight. Retrieved from: <http://www.obesity.org/>