

# The causes of increase obesity among children

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



Nowadays, not only adults are confronting the problem of overweight as well as adolescents. Overweight and obesity problem in youth is a significant public health problem in our country. According to the survey, childhood obesity has more than tripled in this recent year in our country. Why most of the children today are facing obesity problem? There are a lot of causes that can lead a child to obesity.

First of all, the major factor that caused the children to the phase of overweight is their eating habits and daily nutrition. In this 21st century, fast food, such as Mc. Donald, KFC, Pizza Hut, Subway and so on, is the most popular food among the young stage. Moreover, many youth like to intake the food away-from-home together with their friend. Those foods contain high calories and carbohydrates which is the main factor that may cause a person overweight. According to the investigation, only 21 percent among the young eating by following the food pyramid.

Besides that, obesity problem is happened at the children because of their physical inactivity and secondary behaviour. From the research, the decrease of daily energy expenditure without a concomitant decrease of total energy consumption is the main cause of the childhood obesity. In this modern and advanced world, IT technology is more progress; most of the children spent 25 percent of their waking hours in watching TV and stay statistically which is the highest incidence of childhood obesity. This trend is happening because of the laziness of children to move around instead of sitting stationary, suffering internet, viewing TV and playing computer.

Apart from that, it can be happened due to parental influence. Numerous parental influences shape the eating habits of youth including; the foods they make available and accessible, the choice of an infant feeding method, their eating habit that depends on the daily nutrition a person need and the amount of time children are left unsupervised. Several studies suggest that breastfeeding offers a small but consistent protective effect against obesity in children. However, nowadays, most of the children are come from double-income family, which means that both of their parents are going out for work. Indirectly, the amount of time that young is left unsupervised is increase. Moreover, a study also shows that parents who ate diets high in saturated fats also had children that ate diets high in saturated fats.

In conclusion, the increases obesity among adolescents is caused by parental affection, inactive physical movement and the way they eat. Obesity is bad to children's healthy: it can lead to many healthy problems such as high blood pressure. Therefore, parent playing an very important rule to take care of theirs children eating habits, to make sure that young consume in a right amount of nutrition, to avoid childhood obesity.