

# Why childhood obesity is on the rise

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



Child hood obesity on the rise, written by Carol Torgan, Ph. D. <http://www.nih.gov/news/WordonHealth/jun2002/childhoodobesity.htm> Child hood obesity on the rise, written by Carol Torgan, Ph. D. This article is located at Word of Health. Carol expresses that there are more children today compared to the past years who are overweight. Children are becoming obese not just solely on genetics but due to the lack of exercise, too much TV. watching, and over eating. She states that 1 in 5 children are overweight. Obese children are developing diseases like type II diabetes and also developing heart disease, high blood pressure and strokes later in life. She explains if there are parent who are worried about their child's weight they should consult a doctor and encourage activity. In this article the topic of cafeteria food was discussed. Carol seems to believe that schools are making healthier choices with baked foods and other options. However, I have to disagree I have visited several schools in the past year and I have seen taco bell, pizza hut vendors, and tons of junk food to choose from. My thoughts on the topic: There are some people who believe that we should not address the problem of childhood obesity, because they think that this issue is too sensitive. Meaning that they believe that children will become traumatized when confronted with the harsh realities of obesity. There may be some truth to this argument, nevertheless the consequences of obesity are so severe, that we must risk hurting a child's ego if it means saving his or her physical health. Also, by confronting the problem of childhood obesity we may actually save a child's emotional well being in the long run. There are many reasons why children become overweight. Failure to address the problem may have serious consequences for the individual in the areas of health,

social acceptance, psychological adjustment and overall productivity, well into the future. Unfortunately, this is a growing national health problem, which is affecting our entire society. As a nation we need to address the serious problem that childhood obesity presents to America's youth, now. I thought this article was very well written and straight to the point. I enjoyed reading Carol Torgans article. I am very conscious of obese children, because I have a 2 year old son that I make healthy decisions for everyday. A word to the wise from Carol Torgans : Be supportive Set guidelines Be sensitive Eat meals together Don't use food as a reward or punishment Involve your children in meal planning Keep healthy snacks on hand Focus on small, gradual changes in eating