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org/article. aspx? articleid= 2093529http://digitalcommons. calpoly. edu/cgi/viewcontent. cgi? article= 1010&context= psycdsp Childhood Obesity” The rise of childhoodobesity has placed the health of an entire generation at risk” (http://www. azquotes.

com/author/15095-Tom\_Vilsack), said secretary of agriculture, Tom Vilsack. Childhood obesity has become a considerable issue thatcan and will be detrimental to many children and their health later on inlife.  It is an epidemic that has been steadilyincreasing over the years.  The widespreadoutbreak of childhood obesity is extremely unhealthy as well as unsafe.  Obese children are “ more likely to develop non-communicable diseaseslike diabetes and cardiovascular diseases at a younger age” (https://www. ncbi.

nlm. nih. gov/pmc/articles/PMC4408699/), as well as insulin resistance, asthma, sleep apnea and other health issues.

Obesity is growing dangerously fast in theUnited States.  Childhood obesity affectsover 4. 5 million children and puts them at risk for health issues, many ofwhich are associated with depreciated life expectancy.   Obesity can be seen simply asweight gain, and although this is true, it is also much more than that.  Obesity is a medical condition.  Such drastic and massive weight gain comeswith consequences.

In order to see whatpercentage of someone’s body is fat, there are several tests that can be executed. The most common methods are “ techniques such as BMI, or body mass index, waist circumference, and skin-fold thickness” (https://www. ncbi.

nlm. nih. gov/pmc/articles/PMC4408699/).  Children require a healthy diet and active lifestylein order to grow and mature properly.

Obesity prevents children from growing stronger and developing intoyoung adults as they should.  Healthylifestyles are becoming scarcer as time progresses and as technology advances, peopleare no longer required to do work.  Theculture, especially in America, is fast-paced while demanding minimal effort.  It is a societal goal to get the most workdone with the least amount of effort.  Societyis becoming inactive and lazy.

Peoplewould prefer to drive to the coffee shop around the corner rather than take a five-minutewalk.  This type of culture aids in thegrowth of this frightening epidemic.  Closeto 20% of children between the ages of two and nineteen are obese, and althoughthe rates in recent years have slowed, the numbers are still on the rise.  (https://stateofobesity.

org/childhood-obesity-trends/)  Although obesity in children isan unmistakable dilemma, it is often a misunderstood concept.  Many blame extensive weight gain only on thenumber of calories one is eating, however, obesity can be brought about by a plethoraof causes – surroundings, genetics, lifestyle, or even culture.  Children are bombarded with unhealthy foodsand new and improved ways to increase lethargy every day.  Schools sell candy, carbs, and cans ofsoda.  Physical education is onlyrequired once or twice a week in many schools and often times, active exerciseis replaced with a game of stand-still dodgeball.  Children are often times put in situationsthat discourage health and fitness.  Notonly are lifestyle and culture causes of weight gain, genetics are also afactor in childhood obesity.  Somechildren, however, might merely be cursed with unfortunate genetics where easyweight gain is part of their make-up, however, genetics is not the leadingcause of childhood obesity.

The leadingcause of childhood obesity is the lifestyle of so many families.  In many cases, a lifestyle change would makea colossal difference in one’s weight.  Lifestyleand culture go hand in hand.

TheAmerican culture of getting what one wants when they want it only adds to thelack of a healthy lifestyle.  Simply takinga few extra minutes to walk more often, take the stairs as opposed to theelevator, ride a bicycle to school rather than the bus, or eat fewer dessertswould be a start to a fitter life and lower health risks.  Not only does obesity affect children’shealth physically, but it can also affect them emotionally or mentally.  Many obese children struggle with lowself-esteem, depression, and lower quality of life. (http://digitalcommons.

calpoly. edu/cgi/viewcontent. cgi? article= 1010= psycdsp)  Although these are worrisome ramifications, the physical health consequences are far more alarming.  These health risks can be detrimental tochildren especially after they have grown, as many of the effects lead to a declininglife span.  These circumstances “ include, but are not limited to, fatty liver disease, sleep apnea, Type 2 diabetes, asthma, hepatic steatois (fatty liver disease), cardiovascular disease, highcholesterol, cholelithiasis (gallstones), glucose intolerance and insulinresistance, skin conditions, menstrual abnormalities, impaired balance, andorthopedic problems” (http://digitalcommons. calpoly. edu/cgi/viewcontent.

cgi? article= 1010= psycdsp).  The top three reoccurring medical worries arediabetes, sleep apnea, and cardiovascular disease.  As more extensive research is surfacing, ithas been proven that children are beginning to experience these conditions at ayoung age.   The question that needs to be addressed while regardingchildhood obesity is: who is to blame?