

Paragraph



**ASSIGN
BUSTER**

Final draft (problem/solution paragraph) Child Obesity in America The childhood obesity statistics reveal the stunning fact that almost 60% of children in America are obese, and the problem started being taken seriously in these years. Among children today, obesity is causing a broad range of health problems linking higher and earlier death rates in adulthood. These problems include high blood pressure, type 2 diabetes, and elevated blood cholesterol levels.

Apart from the body issues, there are psychological effects: obese children are more prone to low self-esteem, negative body image, and depression. In other words, obese children are often teased, bullied, and made to feel inferior at multiple levels. To avoid the scourge of American children obesity, there are the following tips to maintain a healthy weight. One solution to the problem is to exercise regularly.

Most health experts recommend 30 minutes of exercise every day to keep a good body shape. Also, having good exercise habits should be a routine for the obese children. A second answer is to eat more healthy food instead of eating high calorie food or junk food. For instance, overweight children should eat nutritious and low-calorie foods like whole grains, vegetables, and fruits. On the other hand, they should avoid foods with saturated fats and sugary foods.

A final answer is to keep track of children's weight consistently. The obese children should check their weight every week and detect weight gain. This will not only help them maintain an ideal weight over the long term but also increase their chances of success. To sum up, the problem of child obesity in

the United States has grown considerably in recent years, so the obese children may follow the three solutions to improving their situation.