

Childhood obesity

Psychology



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Childhood Obesity Scope and nature of the problem Children suffering from obesity have excess fats in their bodies that negatively affect their wellbeing or health. In extreme cases, it may also hinder with the flexibility of the child thus limiting their interaction with other children. More so, it increases their chances of developing heart diseases, high blood pressure, sleep problems and diabetes, and becoming obese in adulthood. This research will explore obesity among persons aged 18 years and below by looking at its various causes.

Specific claim on childhood obesity

Currently, there is a claim that the main cause of child obesity is physical inactivity. Proponents of this claim state that the chances of physically inactive children developing obesity is higher than that of active children.

Statistics supporting this indicate that obese children are 65% less active on weekends and 35% less active on school days compared to children who are not obese (CDC, 2011). This claim is also supported by results of experiments meant to assess the efficiency of diet control in controlling childhood obesity. Some of them failed to reduce the amount of body fat among the participants. This is therefore an indication that a pure diet control is less effective in preventing or controlling childhood obesity. It is for these reasons that I will argue in favor of the claim that the main cause of child obesity is physical inactivity.

Justification of the claim

The claim stating that main cause of child obesity is physical inactivity is important because childhood obesity is steadily affecting low income and middle-income countries (Peiser et al, 2005). This means that childhood obesity is not just about eating in excess or getting a lot of calorie-rich drinks

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and foods. It should also be noted that children are becoming obese at a younger age and as Ebbeling et al (2002) put it, this can be highly attributed to the sedentary life lived for most part of the day at school.

Method of data collection

For this research, questionnaires will be used as the method of data collection. The questionnaires will be designed in such a way that it will allow the obese children, parents and teachers or social workers to respond. This will ensure adequate information is collected relating to the child's eating habits and levels of activity both at home and school. Data collection will take place at home and school with the consent of the teachers and parents.

Preliminary findings

Results obtained so far indicate that many children in the US are becoming obese at a younger age and at the same time, there is a rise in the number of pre-schoolers in center-based programs (Peiser et al, 2005). A study has also revealed that preschoolers are not as active in school/learning centers as we thought and this includes when they are playing outside. According to Hutcheon (2009), 56% of the outdoor activities in schools are sedentary and 89% of their total physical activity is sedentary. This means the life of preschoolers in their learning centers is highly sedentary and this can be blamed for the high rates of obesity among children.

References

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