

# Growth development and obesity in children

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They probably spend their free time watching television, hence become vulnerable to obesity (Berger & Luckmann, 2006). There other cultural and social factors that contribute to childhood obesity; some societies believe that children are not safe while playing or walking to school. They tend to compromise their children from exercising, hence contribute to obesity (Brian, 2006). Child obesity has some serious consequences to the life of the affected child as well as the society at large. It can lead to health complication due to excessive weight and postural imbalance. It also affects the psychosocial functioning and the well-being of the affected children, especially in school or social places (Cole, 2001). In other words, the social life of the child will be affected in one way or another. Weight management in children can be a good control of childhood obesity. This can be done by providing appropriate meals and enough physical exercise for the children physical exercise will enhance more expenditure of calories than consumption (Dewey, 2001). In addition to that, the best-known strategies should be implemented in order to overcome the problem of obesity in children.