

Child obesity

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



Nowadays, childhood obesity has become an epidemic all over the world. This essay will consider the problem of obesity and outline possible solutions. To begin with, in point of fact the reasons for obesity are not difficult to understand. Firstly, people are eating more and more unhealthy food, namely fast-foods which contain a large percentage of calories. It is because children feel junk-foods are more appetizing than fresh foods cooked at home.

Moreover, many parents become so busy that they do not have time to cook. Secondly, there is a shortage of space for children to play. In addition, children nowadays have too many exercises to do at home so they do not have much time to play. This leads to watching TV and playing computer games a lot. Thirdly, the fast-food industry has developed dramatically in many countries. In fact, there are more and more fast-food joints everywhere.

Furthermore, particularly in Western cultures are often very high in fat. Obesity has many bad effects on society. First of all, overweight children can get many serious diseases such as heart disease, diabetes or even cancer. It can also lead to an increase of stress in school for fat children when they become the object of cruel jokes, consequently, overweight children are always unconfident in themselves. As we have seen, there are a number of ways to reduce obesity.

One of the most effective methods is that society, school and family should take responsibility for educating about mental health of healthy life style for children so as to they have knowledge about the risk of obesity. In short, the main causes of childhood obesity is bad diet and less active. This leads to considerable damage about health in the long term. In my view, children should be encouraged to eat healthy foods and do exercise frequently.