

Healthy eating and obesity literature review sample

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



Literature Review: Healthy Eating and Obesity

According to Story, Nannery, and Schwartz (2009), most young people in the United States consume diets that do not conform to the required guidelines. Consequently, a large number of the young people in the United States form the largest segment of the population suffering from obesity. They further argue that schools have an opportunity of creating policies that could prevent obesity through promoting a healthy eating and physical activity environment, which could lead to a reduction of obesity cases in the country.

On the other hand, Veugelers, and Fitzgerald (2004), in their study, focused on the impact that school programs could have on the prevention of excess body weight. They came to a conclusion that school programs are essential in dealing with obesity, hence the need to expand more on such programs in the fight against obesity in the United States. Similar opinions have been raised by Robert Wood Johnson Foundation (2011), in their research on obesity among the young people.

Hesketh et al (2005), assert that healthy eating, together with physical activity, are vital in dealing with the obesity health challenges. They further argue that parents have a big role to play in teaching their children healthy eating habits. On the same note, Cara, Dorota, and Ludwing (2002) are of the opinion that obesity is a public-health crisis that could be cured using common sense. In this case, they refer common sense to practicing healthy eating habits to prevent as well as cure obesity. Moreover, practicing healthy eating habits could also contribute to a reduction of cases of other health disorders related to obesity.

References

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