

Medical condition



**ASSIGN
BUSTER**

Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight and height for his/her age. There are many problems associated with childhood obesity, and there are also some things we can do to reduce and help prevent this problem. Childhood obesity is troubling because the extra pounds often start children on the path to health problem that were once confined to adults, such as diabetes, high blood pressure and high cholesterol.

Being overweight also raises a child's risk of sleep apnea, hepatic steatosis (fatty degeneration of the liver), asthma, slipped capital femoral epiphysis (a cause of hip pain), cholecystitis (gall bladder disease and gall stones), Pancreatitis (upper abdominal pain, nausea, vomiting, and fever), pseudotumor cerebri, which causes headaches and vision changes. Childhood obesity can also lead to low self-esteem and depression. This could result in performing poorly in school. therefore, your child may not develop the communication and leadership skills needed to succeed.

Obesity is much easier to prevent than to treat. The best strategy to help prevent and reduce childhood obesity is to improve the diet and exercise habits of the entire family. Like all teachings, this practice should start early in childhood. Teaching your kids proper nutrition, daily exercise, and an increase in activity habits, rather than watching t. v not only is the best plan to reduce and help prevent childhood obesity. This also helps protect the health and well being of your kids from now and into the future.