

Children obesity in the united states

[Education](#)



A child who attends a public school and is eligible for national school lunch and school breakfast programs has a higher prevalence of BMI than one attending private school (Hooker, 2009, p. 100). Approximately 70% of the children being obese have a cardiovascular risk while on the other hand, 30% of them are at risk of hypertension (MMWR, 2011, p. 42). Due to increased concern about the condition, an initiative needs to be started to reduce child prevalence of obesity.

The research indicates that the obesity levels are increasing tremendously especially with the increasing low child activity with one hour on TV and playing games being associated with 0.08%-1.4% increase in obesity (MMWR, 2011).

For the condition to be reversed, children are to be encouraged to participate in physical activities such as games. This will play a great role in reversing the condition and reducing the escalating trend.