

# The unhealthy trend of obesity among children the national heart

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Two Articles Obesity in kids The latest epidemic in the United s is the malady of kid obesity. This is a very alarming phenomenon because it has been reported that obese children and adolescents have shown an alarming increase in the incidence of 'type 2' diabetes, also known as adult-onset diabetes. Another side effect of obesity is the symptom of sleep apnea resulting loss of sleep which in turn results in loss of memory and inability of learning capacity. Alongside, there lies also the chance of higher level of cholesterol in blood leading to high blood pressure and heart attack. It has been also reported that the number of children suffering from obesity has increased almost two fold within the last couple of decades and the most disquieting report suggests that at least one out of five children in the United States is overweight.

To counter this unhealthy trend of obesity among children the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health is working at par with the National Recreation and Park Association (NRPA) to offer a nationwide program called Hearts N' Parks. The main objective of this program is to offer assistance to children and parents alike in obtaining a lifestyle that is more active in every sense of the word. 'A sound mind in a sound body' is the goal that is set forward to achieve. Though many schools are responding to this idea of child activity by offering the children more opportunities to engage into physical activity related games like encouraging the kids to take up outdoor games and using local parks for regular entertainments ultimately it is up to the parents to participate in these activities more actively to achieve this goal successfully.

## 2. An intimidation named Skin Cancer

In a latest report by Mary Rose Almasi published in Shape, May, 2006, it was reported that skin cancer is on the rise among the younger women in their 20's and 30's. This report is actually a precaution and suggestion on ways to prevent the malice of skin cancer. It has been immensely recommended within the report to visit the dermatologist on a regular basis as an act of protection and prevention because it has been a cliché but a fact that prevention is better than cure. All this is to be done because in a latest report it has been revealed that skin cancer is on a rise these days and moreover it has been found that the malady has doubled within the last three decades. As per the Atlanta-based American Cancer Society estimation of skin cancer patients could sum up to be more than 1.1 million cases in the year 2006-2007. If this is not instructive enough then it should be remembered that this number is more than prostate, breast, lung, colon, uterine, ovarian and pancreatic cancers combined. But when caught early there is a 100% chance of cure with skin cancer. The report suggests that even the tiniest mole or the minuscule pink bump on the skin should be checked by the doctor on a regular basis for every six months to a year. The simple reason behind this is that the common perception about skin cancer is mostly wrong. People tend to associate skin cancer with a distinctive looking patch on the skin but in reality skin cancer could be present in the form of an almost normal looking part of the skin. The reason behind this cause is that skin cancers like basal cell carcinoma and squamous cell carcinoma are difficult to detect in naked untrained eyes unlike the more infamous and known skin cancer like melanoma. This is the sole reason one should always check with the dermatologist doctor on a regular basis for

every six months to a year.

References:

<http://www.nih.gov/news/WordonHealth/jun2002/childhoodobesity.htm>

[http://findarticles.com/p/articles/mi\\_m0846/is\\_9\\_25/ai\\_n16133525](http://findarticles.com/p/articles/mi_m0846/is_9_25/ai_n16133525)