



Problem: Childhood Obesity In America

As you've probably heard, more children are becoming overweight today in America than ever before. Experts are calling this an "obesity epidemic." To first understand childhood obesity we must ask ourselves what is obesity?

Obesity is a diet-related chronic disease involving excessive body fat that increases the risk of health problems. Many doctors have expressed obesity has an increasing problem in today's youth as obesity can lead to many health issues such as type 2 diabetes, high blood pressure, heart disease, and strokes these are serious health condition that can lead to death. The graph above shows the correlation between obesity and type 2 diabetes. Type 2 diabetes can lead to blindness, nerve damage, and kidney disease.

Obesity can also lead to coronary heart disease, stroke, and high blood pressure furthermore increasing the health ramifications of obesity. Now childhood obesity is defined by the center of disease and control (CDC) as a diagnosis for any child same sex and age with a Body Mass Index at or above the 95th percentile. Not only those obesity affect kids physical but also mentally and emotionally with the constant feeling of insecurities and non-stop barrage of bullying by their peers because of their weight will take a toll on these young kids lives. Still many people will ignore the fact and reality that obesity is a real health threat that can kill and harm anyone that has this horrid disorder especially the kids who have to live with it everyday.

Throughout the years obesity has continued its meteoric rise into the lives of the youth in America. How does a nation let this happen? How do people let this happen to the future of our nation? How Do parents let this happen to the next generation? Kids whole life in shambles and on the brink of death. This must come to a halt and fast. Obesity is a fast-growing health and social pandemic among the youth, young adults, and kids of tomorrow due to careless eating habits and inadequate exercise.

What goes into the body is a very important. The body is like a car that needs to be maintained and taken care of. To keep a car going you have to get the oil change and put premium oil in the car. Same with the body to keep it functioning at its utmost perfection healthy nutrition is key. The problem with most obese kids in America is that they do not know the dangers of what they are putting in their bodies. Over the past decade over consumption of fast foods has risen and this has highly affected obesity rates. The Federal Centers for Disease Control and Prevention reported " Fast foods are eleven percent of American diets".

So many homes in America are spending money on foods that could kill them and their children. An average man needs 2500 calories to maintain normal body weight but one meal from Burger King contains 2000 calories alone. So eating a meal from Burger King twice a day puts the body two times over the normal calorie intake. All tha

Papers On Obesity

Rosina Ehmann



Papers On Obesity:

Papers On Obesity Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Papers On Obesity**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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