Childhood Obesity Essay

ESSAY: Child Obesity (Causes, effects and solutions) John

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The increasing percentage of youth that have been experiencing nutritional issues particularly obesity is being discussed by many. Hence, the causes and effects seem to be unknown to some. However, there are various solutions which can help to mitigate these challenges.

One contributor is the lack of parental guidance, considering their busy schedule as a result of their tight working shift. Nevertheless, they cannot provide enough time to educate their children about proper nutrition. Thus, many children have been eating meals from fast food restaurants because of the preoccupied schedule of their parents. Consequently, they do not have time to prepare foods for their children, Thereby, buying cooked or instant meals outside is their best option.

The effect of obesity in children is vital. Self-esteem and confidence of the yout are usually affected. Overweight children have experienced being bullied by other kids. Consequently, depression is more often experienced by obese children. Further, aside from the emotional effect, there are more serious health related issues afflicted with obesity such as heart disease and juvenile diabetes.

The argument with regard to child nutritional problems, particularly being overweight, can be managed. Firstly, parents should closely monitor their children, and time to cook nutritious meals for their family. Finally, school's nutritional regime must be implemented and teachers should educate their students about healthy eating habits consistently.

In conclusion, it is apparent that children are vulnerable in the nutritional aspect amid the lack of guidance and support. However, although this complication is inevitable, there are still solutions which can be implemented, and with stringent monitoring and reinforcement, this difficulty should no longer be a problem in the near future.