Childhood Obesity

Childhood obesity is a serious health problem that affects many children and adolescents not only in the United States but also in other parts of the world. Children with the obese condition are above the normal weight for age and height according to Mayo Clinic (Mayo Clinic, 2016). Childhood obesity is a serious health problem, and it is particularly troubling because the obese condition in children often put the health and well-being of children at risk as obese children are prone to developing other health conditions such as diabetes, high cholesterol, and high blood pressure. Childhood obese can also result in low self-esteem and depression in children (Centers for Disease Control and Prevention, 2016). It is imperative to understand that not all children who are overweight are considered obese since children normally carry varying amounts of fats at different stages of child development. In this case, it is recommended to use the body mass index since it provides an ideal indicator or guidelines of body weight in relation to height.

The research conducted by the National Center for Health Statistics (NCHS) and the Center for Disease Control and Prevention (CDC) indicates that an estimated 16.9% of the U.S children and adolescents between the age of 2 and 19 years are obese while 14.9% of the children and adolescents are overweight. Although this figure is estimated to decline over the last decade, the prevalence of childhood obesity and overweight is still a serious health problem among children and adolescent in the United States (Centers for Disease Control and Prevention, 2016). The report provided by the Center for Health Journalism also indicates that of childhood obesity has dropped by 43% from 2003 to 2012 (White, 2014). Although this is an encouraging finding, the struggle to curtail the prevalence of childhood obesity is still on (White, 2014). Childhood obesity affects many families, individuals, groups, and communities. Children with obese conditions often experience low self-esteem since in some cases they feel discriminated and disfranchised as they are excluded in some activities in schools. The health impact of childhood obesity is well documented. It is essential for families to look into the diet of the children and adolescents to help prevent childhood obesity that comes as a result of unhealthy diets such as high-calorie foods (Sahoo et al., 2015).

References

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