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Buy Articles childhood obesity is a growing problem in some communities they are working to the epidemic. As the following chart shows, the prevalence of overweight children and adolescents has increased since 1963. What are the reasons? who's to blame? figure 1. Prevalence of overweight among children and adolescents aged 6-19 yearsnote: excludes pregnant women starting with 1971-74. Buy Articles pregnancy status not available for 1963-65 and 1966-70. Data for 1963-65 are for children 6-11, and data for 1966-70 are designed for teenagers 12-17 years and 12-19 years not. Source: cdc / nchs, nhes and the nhanes. During the investigation of obesity in childhood, i found a lot of statistics that gave the figures in dollars, the costs of obesity in our society.

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The costs are enormous, but it is difficult to understand. I do not wrap my head around billion dollar figures. Department of health and human services estimates the cost of obesity in children and adults, that $ 117 billion, $ 61 billion, which is in direct medical costs. Most of the blame falls on the parents. Buy Articles the probability that a child becomes obese is significantly higher if one or more of its parents are obese. Other factors that lead children to become obese include food, lack of exercise, drinking more than the wrong types of foods, including snacks and processed foods and fast metabolism. Another factor to consider is marketing and marketing campaigns to influence fast food on children.

Serving size increased over the last 20 years. Buy Articles people now, especially children, accustomed to large portions or the super size. The marketing of soft drinks and fast food makes it difficult for us as adults, to pass the "business". When a medium soda costs 90 cents and large that is 50% higher than the media is only 10 cents more, how can you refuse? if it is difficult for adults to pass up a deal that we can expect to refrain from most of the children have. After all, it's great! right? this distortion is part of the national heart and lung and blood institute has a number of reasons why children do not exercise as much today as they were years ago. Buy Articles the child's physical environment may be a contributing factor. City to play in the adoption of any of these may be. Maybe there is a lack of open space. There may be a crime or moves to ban baby run. Buy Articles children live in a suburban area. The child in the suburbs, resulting in urban sprawl, can not walk or ride a bike to school because of the remoteness and lack of bike lanes. These children may stay after school because both parents work unsupervised. These children can stay indoors the. These are the "latchkey" kids play video games and watching tv. In the old days these kids might be allowed to go outside to play because mama was home, monitoring.

There just were not as many electronics 20 years ago. Video games were not as widespread. Cable television and satellite television did not broadcast on television cartoons 24 hours a day on 10 different channels. The child can not have role models to look up to. The child's parents may be obese, and they do not model good exercise and healthy lifestyle habits. Buy Articles kids today have it rough. I know, as adults we tell our children how hard it was back in the '70s and '80s but really, we did not have the distractions kids today have. It was part of a two part blog on childhood obesity. Parents to keep our children healthy and happy the next week as i play, fast food and snack food, and we discuss the role of marketing.

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