

Introduction to Essay

All parents explain to their children at one time or another, "Being skinny isn't the only way to be beautiful." This is very true and a very important lesson to teach children in a society where thin means beautiful. Parents, however, also have informed their children about obesity and how important it is for them to maintain a healthy weight. The problem is that parents do not realize obesity is a growing and very hazardous health problem, especially in children and adolescents.

Medical professionals need to and are, therefore, informing parents more about child obesity and what measures they can take to help evade obesity or weight problems in their children.

- I. **What can parents watch for in their child?**
 - **What is obesity?**
 - a) Also known as *corpulence* or *fatness* (Obesity).
 - b) Excessive accumulation of body fat, usually caused by the consumption of more calories than the body can use (Obesity).
 - **Are parents recognizing the problem?**
 - a) Brownell states, "parents need to pay more attention to the basics when it comes to training, educating and rearing their children" (Bettelheim).
 - b) Half of parents asked to classify their child's weight fail to recognize the child is obese (Many Parents Don't Recognize Obesity in their Child).
- II. **What are the effects of childhood obesity?**
 - **Health.**
 - a) Childhood obesity is among the most prevalent nutritional problems that affect children in developed countries (Bray).
 - b) Child obesity is a serious health risk and leads to a broad range of physical problems such as:
 1. High blood pressure
 2. Diabetes
 3. High cholesterol level
 4. Joint disease (Epstein)
 - **Psychologically.**
 - a) Psychological and social effects may be even more devastating to the child than the medical hazards (Shore).
 - b) Children are being teased for being overweight by their friends and peers, which leads to:
 1. Social isolation
 2. Emotional withdrawal
 3. Depression
 4. Inactivity
 5. More overeating & further weight gain (Epstein)

Obesity Research Paper Outline

Diana Hacker, Nancy Sommers



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