



Research Proposal on Childhood Obesity

Child obesity is a condition characterized by the child having too much fat in the body to an extent of his or her health being in danger. In adults, it could be described as a state of having a body mass index of more than thirty (Paxon, 2006). Parents feeding them with too many calories bring about obesity in children. The excess calories are converted to fats that accumulate in the child's body. This child will develop a big body because he or she will add weight and become quite fleshy. Obese children are at a risk of getting very adverse health effects, some of which are fatal. The study found that high blood pressure in childhood was only a weak predictor of early death and high cholesterol was not associated with premature death, but experts suggested those factors were easier to control with medication. A rare study that tracked thousands of children through adulthood found the heaviest youngsters were more than twice as likely as the thinnest to die prematurely, before age 55, of illness or a self-inflicted injury. Being overweight during childhood and adolescence increases the risk of developing high cholesterol, hypertension, respiratory ailments, orthopedic problems, depression and type 11 diabetes as a youth. One disease of particular concern is Type 11 diabetes, which has linked to overweight and obesity and has increased dramatically in children and adolescents. Watching television, using the computer, and playing video games occupy a large percentage of children's leisure time, influencing their physical activity levels. Overweight children and adolescents are more likely to become overweight or obese adults. It is an extremely difficult cycle to break. An unhealthy diet and a sedentary lifestyle are known risk factors for the three leading causes of death in adults: cancer, stroke and cardiovascular disease. Hypertension is the commonest problem facing man at present. Though the understanding of hypertension has improved considerably with an increased awareness of the disorder in the general population, the control of hypertension has been dismally poor. During my research, I personally have found that blood pressure levels often equate with low birth weight, body mass, maternal age, racial factors, childhood obesity, insulin levels, an elevated blood pressure during childhood, and a positive family history. In fact, children from hypertensive families generally tend to have higher blood pressure levels than kids from normotensive families. Besides, there is also a greater association in blood pressure levels between fathers and their children. One of the major causes of obesity to be addressed is eating excess calories from energy rich foods. Eating a variety of healthy foods is necessary for optimal growth and development. Protects against disease and provides energy to play, explore and learn. This is also accompanied by inadequate exercising or working out. This results in fats accumulating in the body. Parents should monitor their children's feeding habits and take them for regular check-up. There are many ways that parents can help their children on a healthier path. Start early to establish healthy eating practices at home; be a role model, kids love to follow if lead by example. Plan healthier snacks that meet the nutritional needs and kids enjoy eating as well. To determine whether a child is obese or not, his or her body mass index is measured. It is then compared to the child's height. In case a child is obese, treatment should be sought promptly before more damage is done by this condition. The diet should be balanced and meals should be eaten in a regular schedule. The child should also be assisted to shed the unnecessary weight. This should be done using the safest method. The child should also be encouraged to work out a lot and be very active. The find acquired so far include prevention and the long-term effects that would be brought on by obesity. To prevent obesity from affecting one's child, the parent should ensure that he or she eats low-calorie foods. The child should also increase the intake of fruits, vegetables and water. A child should be encouraged to participate in outdoor activities such as sports and games. If a child becomes obese and little or nothing is done, there are long-term effects. These include diseases like coronary issues and problems with respiratory system. Due to poor health, children may not live up to their potential. Parents' spending a fortune for their child treatments brings non-satisfaction and potential depression (Kazaks & Stern, 2009). Mothers who have jobs do not directly cause weight problems in their children, but families that are busy not really having the time to prepare food that rely on fast food and frozen dinners. Addressing obesity in children is a very vital issue. It is important to understand what causes this condition, how to identify it, treat and prevent it. The health of our children is the most important thing. No parent would like their children to suffer terminal diseases or die at an early age especially because of obesity. Children would also want to live up to their dreams and achieve their best. Obesity has been noted to cause not only body disorders but also mental instability in children. A child who is obese will probably have low self-esteem, suffer discrimination, and has lower intellect. It is important to address this condition in order to avoid all this risks.

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