

Problems and Solutions of Child Obesity

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Introduction

Childhood obesity is a condition, which negatively affects a child's health and wellbeing due to the excess body fats. The prevalence of obesity in most children makes it a serious health concern. This is evident from the fact that it has many adverse health effects to the children. In the United States, an estimation of about 17 percent of children and adolescents are obese.

Childhood obesity being a rare occurrence in the past, it is now amongst the most widespread health problems affecting children and adolescents. The changes that occur in the physical and social environments of the children add up to the causes of obesity. In mitigating the effects of child obesity, several stakeholders are involved who include state health agencies, family members, community at large and health plans (Graves, Meyers, & Clark, 1988).

Problems of Childhood obesity

Childhood obesity has several problems that it presents to the child. One of the problems that it poses to a child is that obesity increases the chances of a child getting pediatric hypertension. Secondly, childhood obesity can lead to a diabetic condition known as type II diabetes mellitus thus an obese child risks getting this health problem.

Another problem that childhood obesity brings about is that there is the risk of contracting coronary heart disease by a child. Another problem of childhood obesity is that obese children experience low self-esteem hence affecting their relations with peers. In another context, social and psychological problems can be associated to childhood obesity as the most significant consequences in children.

The problems of psychological toll on children can also lead to adverse problems such as drug and alcohol abuse, depression and eating disorders. The most likely eating disorders that they might experience are anorexia and bulimia. Another significant problem associated with childhood obesity is the risk of having high blood

Research Paper Children Obesity

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Research Paper Children Obesity:

Childhood Obesity and Health Research Richard K. Flamenbaum, 2006 Obesity in children and adolescents is a serious issue with many health and social consequences that often continue into adulthood Implementing prevention programs and getting a better understanding of treatment for youngsters is important to controlling the obesity epidemic The term childhood obesity may refer to both children and adolescents Between 5 25 percent of children and teenagers in the United States are obese As with adults the prevalence of obesity in the young varies by ethnic group It is estimated that 5 7 percent of White and Black children are obese while 12 percent of Hispanic boys and 19 percent of Hispanic girls are obese Some data indicate that obesity among children is on the increase The second National Children and Youth Fitness Study found 6 9 year olds to have thicker skinfolds than their counterparts in the 1960s During the same period others documented a 54 percent increase in the prevalence of obesity among 6 11 year olds This book examines leading research in this area of great concern to society

Children, Obesity and Exercise Andrew P. Hills, Neil A. King, Nuala M. Byrne, 2007-08-07 Throughout the developed world there is an increasing prevalence of childhood obesity This book provides sport exercise and medicine students and professionals with an accessible and practical guide to understanding and managing childhood and adolescent obesity

Endocrine and Metabolic Consequences of Childhood Obesity Artur Mazur, Aneta Monika Gawlik, Dénes Molnár, Grzegorz Telega, Elpis Vlachopapadopoulou, Malgorzata Wojcik, 2022-09-30 Childhood Obesity Rexford S. Ahima, 2013-12-07 This title includes a number of Open Access chapters The prevalence of childhood overweight and obesity has increased worldwide in recent decades Obesity in childhood is associated with a wide range of serious health complications and an increased risk of premature illness and death later in life This book presents childhood obesity trends across

The Epidemic of Childhood Obesity Jenelle S. Krishnamoorthy, Chantelle Nobile Hart, Elissa Jelalian, Society for Research in Child Development, 2006

Obesity Among Children Aged 6 to 12 Years. Causes and Risk Factors Patrick Kimuyu, 2017-11-21 Essay from the year 2016 in the subject Health Public Health grade 1 Egerton University language English abstract Obesity among children aged 6 12 years has become an enormous challenge to the global healthcare systems Currently the prevalence rate of obesity has reached the highest range in the past two decades and this is attributable to the low well being and overall health among children which is estimated to have decreased by 37% compared to the case in 1970s Childhood obesity is distributed to all parts of the world even though western countries have long been associated with high prevalence but such trends seem to have changed Currently developing countries account for about 35 million obese and overweight children of the total 43 million globally Obesity among children poses risk to the future adult generation thus it requires appropriate intervention to reduce its burden It is believed that socio economic factors are to blame for the high prevalence of childhood obesity For instance economic and educational statuses of households influence the lifestyle of family members especially with regard to dietary habits Therefore introducing health measures to promote

health education among children and the young people in educational systems will help to reduce its prevalence in future thus reducing its burden

Future Research Needs for Childhood Obesity Prevention Programs U. S. Department of Health and Human Services, Agency for Healthcare Research and Quality, 2013-09-22 Childhood obesity is highly prevalent in the U S and has become a global epidemic The 2007 2008 National Health and Nutrition Examination Survey data showed that 17% of U S children and adolescents ages 2 19 years were obese and over 30% were overweight or obese Childhood obesity leads to obesity in adulthood and many other serious health conditions such as cardiovascular metabolic and psychosocial illnesses To assess the effectiveness of existing childhood obesity prevention efforts the Johns Hopkins University Evidence based Practice Center completed a systematic review on childhood obesity prevention studies conducted in high income countries This report systematically reviewed seven key questions What is the comparative effectiveness of school based interventions for the prevention of obesity or overweight in children What is the comparative effectiveness of home based interventions for the prevention of obesity or overweight in children What is the comparative effectiveness of primary care based interventions for the prevention of obesity or overweight in children What is the comparative effectiveness of childcare setting based interventions for the prevention of obesity or overweight in children What is the comparative effectiveness of community based or environment level interventions for the prevention of obesity or overweight in children What is the comparative effectiveness of consumer health informatics applications for the prevention of obesity or overweight in children What is the comparative effectiveness of multi setting interventions for the prevention of obesity or overweight in children Though the strength of evidence is moderate to high for school based interventions the limited number of studies and insufficient or low strength of evidence to support interventions in other settings made it difficult to conclude that interventions in other settings could effectively prevent childhood obesity Based on the evidence gaps in these settings we identified the following as Future Research Needs Future research is needed on interventions delivered in settings other than schools or home While there have been other reviews on the effectiveness of interventions on food and nutrition policies at school on changes in children s diet and school food environments there are still gaps in the literature on some aspects such as the impact of regulations on food availability and its impact on obesity prevention Only a few studies that we reviewed used social marketing to deliver messages on nutrition physical activity and health This approach might be integrated with other intervention components to create an atmosphere favorable to healthy and active lifestyles and related behavioral changes Further testing of the value of consumer health informatics products for obesity prevention is needed In addition there is a lack of evidence on the impact of regional or national policies on childhood obesity prevention Further research might be conducted with stratified analyses on subgroups such as by gender age race ethnicity or socioeconomic status There were methodological limitations of the reviewed studies which suggest that future research might improve upon the methods Few of the studies we reviewed reported process evaluation which would provide useful insight regarding why

some studies might detect desirable effect of the intervention Future studies need to design innovative approaches that have a high likelihood of sustainability This may be designed to take advantage of other existing public health government or other organization supported programs or try to gain more support and engagement from related key stakeholders The objective of this report is to prioritize the needs for research addressing gaps in the existing literature on the effectiveness of childhood obesity prevention programs by engaging expert stakeholders using a modified Delphi method Childhood Obesity Prevention Jennifer A. O'Dea, Michael P. Eriksen, 2010 Childhood obesity is an international public health concern with a high profile in both the media and government policy Controversial issues in the prevention of childhood obesity need to be considered early in the development of school clinical or community prevention programs as these issues are often the ones that promote the success or failure of attempts to ameliorate the problem at hand This book combines health education theory research and practice to guide researchers students educators community health workers and practitioners in the prevention of childhood obesity and the promotion of child and adolescent health and well being It examines controversy in childhood obesity including the link with poverty and the difficulty of addressing obesity whilst also tackling the issue of eating disorders The prevalence of childhood obesity is covered with international chapters examining the importance of factors such as social class and ethnic differences and global and local trends are identified Approaches to prevention are presented and the book concludes with the successful outcome of various interventions demonstrating how the whole school community can collaborate to promote health among young people Nutritional and Metabolic Diseases—Advances in Research and Treatment: 2013 Edition, 2013-05-01 Nutritional and Metabolic Diseases Advances in Research and Treatment 2013 Edition is a ScholarlyEditions book that delivers timely authoritative and comprehensive information about Metabolic Diseases The editors have built Nutritional and Metabolic Diseases Advances in Research and Treatment 2013 Edition on the vast information databases of ScholarlyNews You can expect the information about Metabolic Diseases in this book to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Nutritional and Metabolic Diseases Advances in Research and Treatment 2013 Edition has been produced by the world's leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com> **Progress in Preventing Childhood Obesity** Institute of Medicine, Food and Nutrition Board, Committee on Progress in Preventing Childhood Obesity, 2007-02-22 The remarkable increase in the prevalence of obesity among children and youth in the United States over a relatively short timespan represents one of the defining public health challenges of the 21st century The country is beginning to recognize childhood obesity as a major public health epidemic that will incur substantial costs to the nation However the current level of investment by the public and private

sectors still does not match the extent of the problem There is a substantial underinvestment of resources to adequately address the scope of this obesity crisis At this early phase in addressing the epidemic actions have begun on a number of levels to improve the dietary patterns and to increase the physical activity levels of young people Schools corporations youth related organizations families communities foundations and government agencies are working to implement a variety of policy changes new programs and other interventions These efforts however generally remain fragmented and small in scale Moreover the lack of systematic monitoring and evaluation of interventions have hindered the development of an evidence base to identify apply and disseminate lessons learned and to support promising efforts to prevent childhood obesity Progress in Preventing Childhood Obesity How Do We Measure Up examines the progress made by obesity prevention initiatives in the United States from 2004 to 2006 This book emphasizes a call to action for key stakeholders and sectors to commit to and demonstrate leadership in childhood obesity prevention evaluates all policies and programs monitors their progress and encourages stakeholders to widely disseminate promising practices This book will be of interest to federal state and local government agencies educators and schools public health and health care professionals private sector companies and industry trade groups media parents and those involved in implementing community based programs and consumer advocacy

Advances in Communication Research to Reduce Childhood Obesity Jerome D. Williams, Keryn E Pasch, Chiquita A. Collins, 2013-02-12 Rates of childhood obesity are alarmingly high and increasing each year Studies have shown that obese children are more likely to become obese adults and are likely to suffer with numerous health consequences like coronary heart disease high blood pressure and Type II diabetes among others Studies also indicate that television viewing and exposure to advertising for food products influences children s attitudes toward food preferences and food purchase requests for foods with low nutritional value It is important to better understand the role of media in childhood obesity and to learn how media may be used to address this issue in a positive way This book focuses on communication and media research that can have an impact on reducing childhood obesity Emphasis is placed on topics related to how the media communicate health related messages about food nutrition and diet that influence childhood obesity Particular emphasis is on the new media given the fact that media now have more central roles in socializing today s children and youth than ever before Advertising and marketing messages reach young consumers through a variety of vehicles broadcast and cable television radio magazines computers through the Internet music cell phones and in many different venues homes schools child care settings grocery stores shopping malls theaters sporting events and even airports In addition given the disparity in obesity rates between children of color and the general population special attention is given to research on media targeting these populations

Obesity in Childhood and Adolescence Wieland Kiess, Claude Marcus, Martin Wabitsch, 2004-01-01 Obesity in childhood and adolescence has reached epidemic proportions in all industrialized countries around the world Its impact on individual lives as well as on health economics has to be recognized by physicians and the public alike Among the

most common consequences of obesity in the adolescent are hypertension dyslipidemia back pain and psychosocial problems Therapeutic strategies include psychological and family therapy lifestyle behavior modification and nutrition education The role of regular exercise and exercise programs is emphasized Surgical procedures and drugs used in adult obesity are still not generally recommended for obese adolescents This book aims to increase physicians knowledge and understanding of obesity in childhood and adolescence as well as to further public awareness of the health burden and economic dimension of obesity at a young age Several chapters deliver insights into the basic understanding of which factors contribute to or prevent the development of overweight and obesity in young people Other contributions provide tools for the clinician to manage the care of the child and adolescent with overweight obesity In addition knowledge from the latest scientific studies on the molecular biology of obesity is also presented

The Future of Children: Spring 2006 Christina Paxson, Elisabeth Donahue, C. Tracy Orleans, Jeane Ann Grisso, 2010-12-01 This volume examines the causes and consequences of increasing rates of obesity and overweight among children In addition it reviews specific policies and programs aimed at reducing obesity and overweight and the related health problems that result Contents Introducing the Issue Christina Paxson and Elisabeth Donahue Princeton University Childhood Obesity Trends and Potential Causes Patricia M Anderson Dartmouth College and Kristin F Butcher Federal Reserve Bank of Chicago The Consequences of Childhood Overweight and Obesity Stephen R Daniels University of Cincinnati College of Medicine and Cincinnati Children's Hospital Medical Center Treating Childhood Obesity and Associated Medical Conditions Sonia Caprio Yale University School of Medicine The Role of Built Environments in Physical Activity Eating and Obesity in Children James F Sallis San Diego State University and Robert Wood Johnson Foundation and Karen Glanz Emory University The Role of Child Care Settings in Obesity Prevention Mary Story and Karen Kaphingst University of Minnesota and Robert Wood Johnson Foundation and Simone French University of Minnesota The Role of Schools in Obesity Prevention Mary Story Karen Kaphingst and Simone French Markets and Childhood Obesity Policy John Cawley Cornell University The Role of Parents in Preventing Childhood Obesity Ana C Lindsay Juhee Kim and Steven Gortmaker Harvard School of Public Health and Katarina M Sussner Harvard Graduate School of Arts and Sciences

The Oxford Handbook of the Social Science of Obesity John Cawley, 2011-08-08 There is an urgent need to better understand the causes and consequences of obesity and to learn what works to prevent or reduce obesity This volume accurately and conveniently summarizes the findings and insights of obesity related research from the full range of social sciences including anthropology economics government psychology and sociology It is an excellent resource for researchers in these areas both bringing them up to date on the relevant research in their own discipline and allowing them to quickly and easily understand the cutting edge research being produced in other disciplines The Oxford Handbook of the Social Science of Obesity is a critical reference for obesity researchers and is also valuable for public health officials policymakers nutritionists and medical practitioners The first section of the book explains how each social science discipline models human

behavior in particular diet and physical activity and summarizes the major research literatures on obesity in that discipline. The second section provides important practical information for researchers including a guide to publicly available social science data on obesity and an overview of the challenges to causal inference in obesity research. The third part of the book synthesizes social science research on specific causes and correlates of obesity such as food advertising, food prices, and peers. The fourth section summarizes social science research on the consequences of obesity such as lower wages, job absenteeism, and discrimination. The fifth and final section reviews the social science literature on obesity treatment and prevention such as food taxes, school based interventions, and medical treatments such as anti obesity drugs and bariatric surgery.

Yearbook of Pediatric Endocrinology 2012 K. Ong, Z. Hochberg, 2012-10-01. The body of knowledge in most medical specialties is rapidly expanding, making it virtually impossible to follow all advances in clinical and basic sciences that are relevant to a given field. This is particularly true in pediatric endocrinology at the cross road of pediatrics, endocrinology, development, and genetics. Providing abstracts of articles that report the year's breakthrough developments in the basic sciences and evidence based new knowledge in clinical research and clinical practice that are relevant to the field, the Yearbook of Pediatric Endocrinology 2012 keeps busy clinicians and scientists, pediatric endocrinologists, and also pediatricians and endocrinologists informed on new advances. Twelve Associate Editors and their co authors selected from several thousand papers those that brought the most meaningful new information, summarized them, and provided comments to put them into perspective. The papers are classified into those that identify new genes involved in diseases, new hormones, concepts revised or re centered, important observations for clinical practice, large scale clinical trials, new mechanisms, new paradigms, important review articles, new fears, and new hopes. Because the Yearbook is endorsed by the European Society for Paediatric Endocrinology (ESPE), its publication is linked to the annual meeting of the ESPE. The Yearbook of Pediatric Endocrinology 2012 covers the medical and scientific literature from June 2011 through May 2012.

Food Assistance and Nutrition Research Report, 1999. *Preventing Childhood Obesity* Institute of Medicine, Board on Health Promotion and Disease Prevention, Food and Nutrition Board, Committee on Prevention of Obesity in Children and Youth, 2005-01-31.

Children's health has made tremendous strides over the past century. In general, life expectancy has increased by more than thirty years since 1900, and much of this improvement is due to the reduction of infant and early childhood mortality. Given this trajectory toward a healthier childhood, we begin the 21st century with a shocking development: an epidemic of obesity in children and youth. The increased number of obese children throughout the U.S. during the past 25 years has led policymakers to rank it as one of the most critical public health threats of the 21st century. *Preventing Childhood Obesity* provides a broad based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, medical, and dietary factors responsible for its increased prevalence. The book also offers a prevention oriented action plan that identifies the most promising array of short term and longer term interventions, as well as

recommendations for the roles and responsibilities of numerous stakeholders in various sectors of society to reduce its future occurrence Preventing Childhood Obesity explores the underlying causes of this serious health problem and the actions needed to initiate support and sustain the societal and lifestyle changes that can reverse the trend among our children and youth

Implications of Childhood Overweight and Obesity on Learning Behaviour and Classroom Performance
Ayoub Kafyulilo, Fidelice M. S. Mafumiko, 2012-06 Research Paper postgraduate from the year 2010 in the subject Pedagogy Pedagogic Sociology grade none University of Dar es Salaam language English abstract This article is based on a study carried out from October 2007 to May 2008 that investigated the extent to which overweight and obesity were challenges among primary school children in Kinondoni and Njombe Districts in Tanzania Systematic random sampling was used to select schools while stratified sampling and simple random sampling were used in selecting pupils and teachers who participated in the study Measurement of weights and heights was done to determine Body Mass Index BMI while measurement of skin folds was done to determine body fat percentage Close ended questionnaires semi structured interviews and focus group discussions were used to collect data on the implications of overweight and obesity on health and learning behaviours Findings of the study revealed that an average of 13.5% of children were overweight or obese Hypertension excessive sweating teasing and peer rejection were common to obese children In addition overweight and obese children were reported to perform less than their peers in academic and physical activities This study recommends among other things the establishment of education programs through mass media to raise people's awareness of how overweight and obesity affects children's health social and classroom learning behaviours as well as performance

Children's Exposure to TV Advertising in 1977 and 2004 United States. Federal Trade Commission. Bureau of Economics, 2007

Nutritional Management of Childhood Obesity and Related Diseases Constantinos Giaginis, Sousana Konstantinos Papadopoulou, 2025-09-16 Childhood obesity constitutes one of the most challenging public health problems of our century due to its epidemic proportions and the related significant morbidity and mortality increasing also public healthcare costs The prevalence of childhood obesity has considerably increased in the last few decades across all the world regions ranging from 4% in 1975 to more than 18% nowadays Alarmingly enough children with obesity demonstrate a 5 fold higher risk of remaining obese in adulthood Notably childhood obesity is a major risk factor for many chronic pathological conditions including three of the main non communicable diseases worldwide diabetes mellitus type II cardiovascular disease and cancer A common risk factor associated with childhood obesity concerns nutrition or the type of diet that children adopt in their daily lives Several nutritional interventions have been proposed with the aim of reducing the prevalence of childhood obesity The currently available research reinforces the urgent demand for the development and implementation of well organized public strategies and policies that could inform the future parent about the beneficial effects of diverse nutritional interventions at the early stages of their children's life in combination with other lifestyle factors e.g physical activity against

childhood overweight and obesity

Unveiling the Magic of Words: A Review of "**Research Paper Children Obesity**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Research Paper Children Obesity**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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