

pressure and high percentage of cholesterol in the body. Other problems include skin infections, asthma and respiratory problems (Dietz, 1983).

## **Solutions to Childhood obesity**

Childhood obesity problems have specific solutions that touch on all the stakeholders involved in a child's life. The stakeholders include the children, parents, teachers, schools, communities, civic leaders and government agencies. On the part of the children, they can be a solution to themselves by learning good eating habits.

The habits include eating lots of fruits and vegetables and making sure they are active most of the time by engaging in sports activities. The parents on their side should play a great role in limiting the time that their children spend on TV and computer games. This is solely because spending more time on TV and computer games reduces physical activity. This affects the children through increase in consumption of high-calorie snacks (Freedman, Dietz, & Srinivasan, 1999).

On the part of teachers, they play a vital role since they spend most of the time with the children. One important solution that teachers can offer is by introducing a form of rotation between the classroom curriculum and extra-curriculum activities. This helps greatly in the children learning abilities since active students are more alert and learn easily.

Another solution that teachers can provide is having a program that raises awareness about physical fitness among both the children and their teachers. In addition, the teachers can have the children involved in healthy meal planning talks by inviting a health educator to speak to them (Graves, Meyers, & Clark, 1988).

On the part of the school as a whole, they should have a coordinated school health program that is capable of addressing all the physical activities and nutrition. In this case, the health program should be able to integrate all the activities of a school community that influences the health of a student.

Amongst the components that it should integrate, include health education, physical education, counseling, psychological and social services. School authorities should also seek the indulgence of students in getting an input to the school menu through engaging in focus groups or contests.

On the part of the community, they can give a solution to childhood obesity through increasing access by the public to places such as playgrounds, gyms and walking or biking trails to increase physical activities of the children. Another solution the community can offer is increasing access to a variety of food choices.

# Obesity Research Paper Introduction

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