

### 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

**Rachel Sandford**



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