

Childhood Obesity - Daddy Will You Buy Me Some Diabetes?

The increasing rate of childhood obesity is alarming. Unhealthy eating habits have led us to a nation populated by overweight children and their parents. Children are being diagnosed with health conditions, such as type 2 diabetes and high blood pressure. These diseases were previously only seen in adults. Obesity is a threat to the health of children in several ways. Obesity impacts many systems of the body.*Cardiovascular system

*Pulmonary system

*Gastrointestinal system

*Orthopedic system Over 12 million children in the United States suffer with childhood obesity. This is an alarming statistic and a frightening one for parents. The prevalence of childhood obesity increased 100 percent over the last ten years. The reasons for obesity are a societal as well as physical.

There are two major forces that have created this phenomenon of overweight children in our society. The first major impact on the weight of our children is the amount of fast food that is consumed on a daily basis. The fast food industry has transformed the American diet into a junk food melee that lacks good nutrients. Fast food consumption combined with the sedentary lifestyles of kids who play expensive video games rather than playing outside contributes to the high incident of childhood obesity. These activities lead directly to the causes of obesity in children and to unhealthy parents.

Children need at least 90 minutes of moderate-to-vigorous physical activity each day to reduce the risk of cardiovascular disease. Parents need at least 30-45 minutes of exercise. Children need a healthy diet for normal growth and development. Unfortunately, fast food does not provide the nutrients that children need. Healthy eating is almost a lost art for the typical family. Take out menus and fast food has become the easy and quick way to get the family fed. These lifestyle choices contribute to over weight, high blood pressure and a myriad of other health issues not only for adults but for our children. An overview of the basic problems with the eating habits of a nation are summed up by Eric Schlosser in his book "Fast Food Nation" "A generation ago, three-quarters of the money used to buy food in the United States was spent to prepare meals at home. Today half of the money used to buy food is spent at restaurants -- mainly at fast food restaurants". A hamburger and french fries is the quintessential American meal ... thanks to the promotional efforts of the fast food chains. The typical American now consumes approximately three hamburgers and four orders of french fries every week. "These facts reveal the problem. Some steps to correct this problem are in the hands of parents. Some interim solutions are offered below: *Focus on purchasing and preparing meals comprised of nutritious foods.

*Encourage an increase in activity.

*Have a wide variety of nutritious snacks available

*Prepare a healthy meal plan for the family Parents can take more positive actions to prevent childhood obesity by preparing and serving healthy meals at home. Taking the family on a hike or a bike ride after dinner is a fun activity for the whole family. Let children decide on their own activities that should include some outdoor games they enjoy. Kids can participate in their own healthy lifestyle improvements by making activity an after school priority. The trick is to follow the guidelines of a healthy lifestyle as close as possible. Eating nutritious foods while increasing the level of physical activity are the first steps toward a lifetime goal of healthy living.

About the Author

Yet, today, the commercially prepared dog foods made from a fixed formula of ingredients and preparation methods provides Buster with a balanced.

Source: <http://www.productsherbal.com>