

Childhood Obesity: Some Facts

Childhood obesity afflicts denizens across the social sphere. It is a problem for individuals of all racial, ethnic, educational, and socio-economic backgrounds. It has been estimated that half the United States' adult population is overweight. Recently, it was calculated that about twenty percent of all American children are overweight. Obesity causes the growth pattern to accelerate to an unnatural extent; one of the side effects of this can be abnormal sexual development in boys and the early onset of menses. What's more, obese children are a lot more likely to grow in to obese adults. They risk contracting such health problems and diseases as diabetes 2, gout, cancer, gallbladder disease, arthritis, digestion problems, respiratory disease, cardiovascular disease, and high blood pressure, among others. Prevention of obesity ultimately begins at home. For children and young adults dealing with obesity, it is best to evaluate the individual's situation, taking in to consideration environmental, genetic, and metabolic concerns while treating the arising physical and psychological damage that has arisen. An obese child's eating plan should also come with an exercise plan. At least an hour of exercise each day is recommended to everyone; although an hour and a half is optimal. "Exercise" does not have to be physically demanding – it can entail such basic activities as cleaning, walking, dancing, and playing. Long term counseling is often needed to deal with self esteem issues relating to obesity that can effect the child's performance in the real world. Parents should keep in mind that weight loss is not a healthy or proper method for young children to employ, as their bodies are still developing. Unless a doctor assigns your child to be put on a diet for specific medical reasons, dieting should not be encouraged in young children, as it could deprive them of the nutrients and energy they need to grow. One alternative to the obesity problem has been the rise of weight loss drugs. One new medication on the market, Meridia, has been popular among the teenage population, in that teens who take it tend to shed eighteen pounds more than those who take a placebo. Meridia is also credited with helping improve blood sugar and cholesterol levels. The drug works by decreasing one's appetite directly through the brain. Another medication, Xenical, is also popular. It prevents fat from entering the intestines during the digestion process. Both of these medications, it should be noted, have side effects, stomach discomfort being the chief one for both. But as for curbing the rates in the childhood obesity epidemic, a lot more than a quick medical fix will be needed. Our society needs to change. These societal changes will not occur over night; it will require much time and effort to educate the public as to the dangers of childhood obesity. Perhaps that change will come about once more people are aware of this alarming statistic: The life span of an average American will decrease by up to five years should the obesity crisis continue over the next few decades.

About the Author

Digestion in birds involves a lot of organs, each performing a specific function. The discussion of avian digestion begins.

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