

CHILDHOOD OBESITY IN THE UNITED STATES OF AMERICA

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Abstract

Obesity in the U.S. is a problem that is beginning to grow large in our children's lives. The solution to this problem is centered in three areas; the help of the community, health education, and consumer education. The two main factors causing childhood obesity is eating high fat, high protein foods along with a serious sedentary lifestyle.

Keywords: Obesity, US

Introduction

Childhood obesity in the United State is a rising epidemic, a serious health crisis, and is steadily increasing because it seems that people refuse to change for the good of the nation. Since the last decade the percentage of children being obese has increased steadily. The cause of this is a poor nutrition and physical activity and the plan is to get back to how it used to be, if not better. Children in the U.S. are eating more processed foods at home and there is less physical activity and sports at school. While children are developing bad habits when they are young, they are likely to turn into an adult who is obese and has bad habits. This is a serious issue that needs the attentions of everyone, including government, researchers, media, schools, public health officials, and parents.

Literature Review

Excellence is something strived for and the obesity epidemic in the U.S. is not the right example for it but according to Lavizzo-Mourey (2004) whose decision is it for someone being sick, the people within a system or the people running the system? Obesity of children is not a program but it is becoming such a problem that actions need to be made soon for the next generation to have a chance. The lifestyle of our culture has a huge effects on us without us knowing so we have to watch diligently what we are consuming and promoting as a nation.

When a child cannot run and play along with other activities it is because the government is cutting it out of schools here in the U.S. This is happening in grades kindergarten to fifth grade. It seems like when a nation stops physical activity that helps the obesity epidemic causing the child develop inefficiently. Role playing at recess is effective in developing a child's ability to be social, and develop mentally and physically. In correlation to the mind body and spirit we all need the fuel which is food to keep moving. According to Wallington (2010) the farms that keep the cattle and feed it to us meat eaters so we can get the proper nutrition such as protein and minerals we need for our bodies has been tampered with. U.S. calorie intake has nearly doubled and tripled from 1985 to 2000; and the worst part about all of it is that the USDA knows Americans are consuming too much but will not stop it because of the money that is being made from it farms aren't what they use to be many are factory owned nowadays and the real farmers are retiring early because the government gives

them that much money to do so. It has been stated that the USDA is starting up programs to help the fight against the obesity epidemic. According to Hawkins & Linvill (2010) teenagers in the U.S. in 2005 compared to 1979 have increased the childhood obesity rate by 300%. The parents are working more hours than ever before trying to make ends meet, and through that process children are not getting appropriate nutrition they need in order to be successful. Health care problems are on the high because of pure lifestyle from the children who are suffering from being obese. Their sedentary way of living six to seven hours of activities watching television, playing video games, and being victim to the food product commercials that they show during the commercial breaks. This lifestyle they are involved with does not help with the pressure of their peers who supposed to engage them with encouragement but instead for the most part they talk down to the overweight or obese individual. So educators need to encourage diet and exercise which hopefully will build this persons self-confidence to the point where they can influence others to do the same. Encouraging someone who does not have great self-esteem or cannot move as well will take them a while before they will have a nice mind set along with the body, but eventually they will feel comfortable with the person they know they are inside. According to David (2007) we all need to exercise and diet to beat obesity, but for the most part if an adult is overweight or obese their children will be more than likely over weight and obese. Meaning our country is getting fatter and sicker the older this country gets without proper diet and physical activity. Some people do not want to indulge in physical activity because they feel embarrassed working out in a gym with a bunch of people that could be potentially watching them. Now if you were in the weight room or aerobics room for the first time and no one is trying to help you for the most part you will get down and not want to ever work out at all. When this is happens people get depressed and they normally create bad habits and problems that evolve from there change. According to Adams (2010) all we need to do is take some deep breaths and do what we all normally do which is walk. This can be done by children and adults. If we all walk every day for an additional hour or two this would make a difference in our everyday giving us energy back that we lost. And staying from junk foods is something that we need to do also. It always go back to the same thing: if you want to change something such as being overweight we must change our diets and their physical activity. Watching T.V. and playing video games is ok for a small amount of time as an activity for you to do, however, we cannot let the future leaders of this country b victimized to the television set.

The U.S. is at a dilemma the research shows we have a lot of things we can do to stop obesity to our offspring, but the question is will that be profitable? So the government is not going to shut down things that can help us to be fit because there is a money tie that they do not want to break. Instead of breaking that means for the people in the U.S. the government would rather keep their money. These things happen we just need to make sure what is going on with the demographics. According to Yvette (2008) the U.S. has made a dramatic increase in childhood obesity in the past twenty years. And in more details the two ethnic groups that is the highest on obesity would be African American children and Hispanic children. While white kids and Asian kids are at the low end of being overweight and or obese they have a leg up because of the environment they live in which is more than likely for the minorities to be high income instead of low income. The status where you are at can make you more likely to be stressed out having hypertension, diabetes and sleep apnea living in a low-income area within the U.S. The researcher shows that the food availability for high quality foods is not found in bulks in low-income neighborhoods. So foods that are needed for the nourishment of the body are found at high prices in stores for families who cannot afford it go for something that will not help the body instead harm in the long run. But they cannot help that because that is the cards they were dealt supposedly. According to Singh, Siahpush & Kogan (2003 and 2007) the capabilities of doing a physical activity is at large and to get people to workout

has become asking a little child to eat their vegetables at the dinner table. Research expresses about how childhood obesity is in America and the children are being hit hard by the parents because the kids feel as though their parents cannot be wrong. In congruence to this, parents need to accept the challenge and grasp some parental education when it comes to healthy eating and physical activity. Social inequalities always play a part with everything. Where do live, what do you do? How much money do you make? These social inequalities play a part into how the U.S. will end up, whether we will stay in the rising obese category or not. According to Kotz (2010) there is a situation in which is the BMI (Body Mass Index) is sky rocketing but if we start right now to do two hours of physical activity a day and eat the healthiest foods we can find that will solve childhood obesity. According to Deckelbaum & Williams (2001) the obesity epidemic has turned into an obese pediatric population in the U.S. This should show everyone globally and here that if you ignore an issue it can blow up in your face or space like an atomic boom, and take your money right from under your nose. This epidemic has become so bad all types of heart risk diseases are caused from this obesity epidemic. Children in America do not have to be affected by the obesity epidemic from birth if babies drink breast milk instead of the normal baby formula they will be better off. According to Anderson (2000) is if we have children that are obese or overweight within our nation we need to limit them to what that can do. We need to limit the activities such as T.V. limit to one hour and make them eat certain foods with a certain amount of portions, and make up some two hour or more program of vigorous physical activity. Taking it to an extreme measurement sometimes is the route you need to take in order to get our overweight children and obese children off the couch and into something that will benefit them instead of waist them. The stress is not really on the educators of the school or anybody outside the walls of the home or the family who is raising the child. The ones who are raising the child are guilty because they are teaching right from wrong what to do and what not to do. According to Koplan, Liverman & Kraak (2005) children maybe be influenced by family values for the most part but regardless they need to be eating something that can give them an energy balance. The thing is you do not want to give the kid a sugar rush because that will kill their drive and the energy balance will. Normally the children are always around a commercial environment so it is a challenge trying to keep the children from eating junk because it taste good versus a bland taste that can for all reasons be great for your body and enhance, boost your immune system trying to compete with different advertising that kids see every day while they watch T.V. and be outside. The ultimate prevention would be to let child running around just because it is fun for them to do. When kids mindlessly run around the way it seems they are getting the exercise they need without even knowing it. According to Cawley (2010) sugar intake shifted because the shipping trying to get it over here cost too much for the U.S. to pay for it. So like the U.S. looked for a cheaper source that could replace sugar which was high fructose corn syrup. Now research states that this is one of the reasons that obesity shot through the roof because scientifically sugar didn't latch on and turn into fat but fructose on the hand has that sort of effect on the fat tissues within our bodies. The amazing thing about fructose is that so many foods in the U.S. use it as an ingredient. It is enough to make your head spin, and this is one of the reasons why people call this moment in our lives the epidemic of childhood obesity. According to Trasande, Liu, Fryer, & Weitzman (1999-2005) this epidemic has led to the largest number of hospitalizations this nation has ever seen. It impacted the health so much that the money making industry wasn't Wall Street at this time, it was the hospitals and in a weird way it still is making a lot of that money still. If you get on the ambulance truck you get charged for getting picked up and then depending on how they bill you it could go up some more. Hospitals and obesity somebody has to take care of the sick people at this time of a nation's epidemic of sickness. Research says whenever the people decide enough is enough is when it'll all change around. Everyone will

change their habits and want to change for the best. According to Samples (2010), schools can possibly help us through the teachers and everybody else on staff helping the children avoid the obesity. But also the school system could not take into consideration other people's children and just mind their own business and only tend to their issues, duties as a teacher. According to Dietz & Gortmaker (1984) nutritious value is in the environment of the U.S. it is just all on where you are at the factors of the social area you are at might have what you need or you may have to settle for less. The orbit of the sensational tension of this top ranging as it grows from obese to super obesity. On the other hand children who are obese didn't wake up that way we have parents and or guardian's people that influence that person to be how they are.

Methodology

Collecting data for this research was conducted through forms of articles, magazines, books, editorials, periodicals. The data forms from all the different types of research came together and spoke loudly about childhood obesity in the U.S. The common thread that was growing profusely in this research were three things: community, health, and economy. Those were the most eye-popping key words that kept coming up; and those issues within this epidemic of childhood obesity needs to be taken care of as soon as possible. The studies have shown in their own ways how obesity within a child can affect children's well-being in such areas as social life, physical activity, articulation of their own mental state; and it also plays a huge role in confidence, and self-esteem. These studies from all the articles and periodicals have shown how important childhood obesity is in the U.S. and how it needs to be taken care of from the research that has been done so far. This data was at the limits of 50 to 60 articles but the most important ones made it in this paper which was at a limit of 20 articles. Even though there was not that much quantity within the articles there was a lot of quality within those 20 articles.

Results

Community; Home is where for the most part children learn how to be who they are as they get older so if their being educated under a sedentary lifestyle then they probably will have issues with being an obese child. Television, the processed foods, the high carbohydrate and protein diets are all against the wellbeing of the community the best thing needed for a child to grow up in a community.

Health: Being healthy is one thing that has been said but not utilized to its full potential here in the U.S. A healthy person child in this case needs to be able to run and play utilizes their body through physical activity so they can have better energy levels for music, English, math and science. In order to be that way they need to eat fruits, vegetables drink water and lean meats so they may become successful instead of obese from not being healthy.

Economy: The best thing about the U.S. use to be our economy but now sense the rate of deaths in this country is Obesity beating out cancer from smoke is a serious issue that needs to be looked at accordingly. This issue is making the cost of hospital visits and medical insurance go up because it is more children and adults coming in with this issue than ever before. And the sad part is most of them do not have the money so the tax dollars are spent on children and adults whom are considered obese.

Prevention: Most of childhood obesity can be solved for the ones who just need a simple lifestyle change from sedentary to healthy active body eating, drinking stimulating the body the way it should. Today there are hundreds of programs in the states to help children who are obese but most of them are not main stream like others are but from looking at all the research that was conducted all those programs will be used soon and change the way the youth looks here in the next 20 to 30 years.

Statistics: Ranging from how many children were back in the 1980's or further back the children's obesity rate was not as high as today, why? Because the kids had their parents at home and were able to supervise their activities watching what they are eating or what physical activities they are doing. At the present time mom and dad has to work a tremendous amount of hours and this makes the kids unstable leading them into a sedentary lifestyle with an absence of supervision and care children think it is ok to watch T.V. all day and eat unhealthy just because mom and dad are not there.

Nation: This nation usually is formed from whatever people are saying. In the U. S. right now people are saying that nothing will change it is just going to get worse to the point that people just start dying normal from being obese. But researchers from here in the states believe that sense right now there are a lot of people here who can teach the right things to eat and teach how to work out properly that in the next 10-20 years the obesity rate will drop.

Government; Researchers believe the government can easily make laws and regulations tending to how the schools should conduct themselves so this childhood obesity issue would not be a problem but the schools now are dropping physical activity so they have the power to do it but will they.

Discussion

The beginnings of childhood obesity is an unknown thought and or origin but as of in this millennium according to S. Kimm and E. Obarcanek (2002) there has been an increase in lazy activities and a major decrease in daily active movement. Another main reason why childhood obesity is a factor in the U.S. according to Cawley (2010) is that employment for full time mothers increased in 1975 to 1994 and the percent rate for obese children went from 11% to 35% in 1994. Mothers that stayed at home actually are benefiting their children's development growing up as a child. The meals were probably conducted better and the amount of play from the kids kept them physically active and that helping preventing obesity. Neighborhoods and people in the community should show and expand the options for kids so they can learn how to balance physical activity and eating according to Koplan, Liverman, Kraak (2005). For children to grow up and have eating habits along with a sense of direction to do with themselves comes from where they spend the bulk of their time which is at home or within the neighborhood family friends all together sharing great knowledge about how to eat and exercise.

Studies of children being obese show that we as a nation the U.S. is being weakened. According to S. Kimm and E. Obarcanek (2002) across this country shows growth and expansion in steady years to come if we do not eliminate this problem. The most talked about childhood issue globally and in the U.S. of America is childhood obesity according to S. Kimm and E. Obarcanek (2002). According to S. Kimm and E. Obarcanek (2002) if those two options did not work then they had nothing else for you to do. But now the latest greatest option that they give to you is be involved with some type physical activity and develop better eating habits. See when people run out of options to give you this is when you take matters into your own hands and you become the best researcher for yourself so you can help yourself out. There is a common connection between sweet drinks and obese children need to have healthier choices at the schools according to Sample (2010). Can sweet drinks get you fatter from the consumption of it excessively? Researchers say yes because of the facts that in those drinks are a lot of products in the drink that are additives. And those things within the drinks make it fatty and too much of it without adequate exercise can make children or adults be overweight and or obese. Some ingredients that are in our drinks could be reason for some of our epidemic nationwide issues according to Cawley (2010) Once you form a habit breaking it is very hard this is why it is so important to train a child into a way it needs to be and societies, communities, families all over need to change but especially right here in the

U.S. The NFL now has a program where they target to help kids encouraging them to work out 60 minutes a day according to Rowe (2010). The biggest sport in America is lending a hand to help out the childhood obesity crisis by saying workout 60 minutes a day I think it will work and has been working. For the most part all kids play football growing up and they watch the NFL players so I believe this will work continuously. Obesity is out ranking smoking, tobacco in the top causes of death in this country according to Lavizzo-Mourey (2004) In Delaware the child care center encourages the children kids to snack only on fruits and vegetables according to Deborah (2010). Childhood obesity is a heavy issue and it primarily can be stopped through prevention of kids to becoming overweight or obese. Farmers are the allies in helping fight the problem of childhood obesity according to Wallinga (2010).

Childhood obesity is on personal level bases of junk food and less physical activity some researchers believe. Children in this society are victims to the social environments in the U.S. fast food culture according to Hawkins and Linvill (2010). Childhood obesity at all cost needs to be addressed through by encouraging habits that include eating drinking healthy things and physical activity according to Ludwig (2007) those children on Medicare who have obesity issues have a harder time than those who have private or self-pay insurance, from the studies of Eneli, Keast, Rappley, and Camargo, Jr (2008) because trying to get medical assistance on cheap insurance is hard trying to get the doctor or physician to look at you. A chronic disease is a great risk for a kid that is faced with obesity. There are different types of behaviors mental and biochemical functions that can be created from being an obese child according to Deckelbaum and Williams (2001). Money from our own pockets sometimes have to pay the cost for medical expenses when it comes to childhood obesity according to Transde, Liu, Fryer, and Weitzman (1999 – 2005) charges in hospitals increased obesity by 66.3 %. We as a society in this country have to focus on our everyday decisions because one action could cause something else wrong with this economy according to Transde, Liu, Fryer, and Weitzman (1999 – 2005) “obesity related hospitalizations cost Medicaid 118.1 million in 2005 up from 53.6 million in 2001”. The policy also will help programs be formed so we can decrease the childhood obesity issue at hand. When the economics of a food pricing changes, depending what it is the people will be affected from either more or less according to Cawley (2010) This obesity issue is making people dig deep into their pockets to the point where we might not have any savings left in our accounts or banks. The question is how much time is needed for children to exercise and the answer is simply 60 minutes according to Samples (2010). The magnification of time during exercise for kids is just an estimate because for some children those 60 minutes Samples was referring to could be a starting block for some but also for the children who are already active could be a schedule easier time to get it whenever you can. Today the number is increasing, children being a couch potato has gone up and the study by Sample (2010) shows their needs to be a serious decrease in daily T.V., video games, computers, and also for each commercial that is shown nine out of ten for those commercials are foods and or drinks that lack nutrients and are very high in fats and sodium. Children who do not take after the physical activity are the ones who let being a couch potato look really bad. Those are the children who are obese, overweight and probably also the ones who are anti-social and depressed. Children who form healthy habits through proper development so that can carry over into adult hood. These are the children who will be successful in the future they have the upper hand overall especially compared to a kid who is overweight or obese. More playgrounds and recreational centers within a safe environment is needed to be for this moment to keep them healthy, studies from Rowe (2010). All of these things can keep a kid charged through physical activity without the child even knowing that through the playing is something great for you that you are doing. The U.S. school system should provide classes that model to show students our youth how to

be healthier according to Rowe (2010). Once everyone notices that we are all one unit, meaning we cannot do anything without our neighbor or friend, having a bond with everyone with the neighborhood. Until that time this nation will have some bad days ahead for sure. The support of the government should provide more private or public programs that help families see the overall importance of being healthy according to Koplan, Liverman, Kraak (2005).

Conclusion

The best way to describe this research as a whole is accountability meaning counting on one to do the right thing over and over again to show that person how to do it. Eating the right things as a professor, teacher, student, family member or friend will show others around you its ok and the same applies with being involved with activities. After a while it becomes a chain reaction and everyone is doing it. From the researchers' point of view one day later down the line childhood obesity situation will be shortened by a significant amount compared to where it is now.

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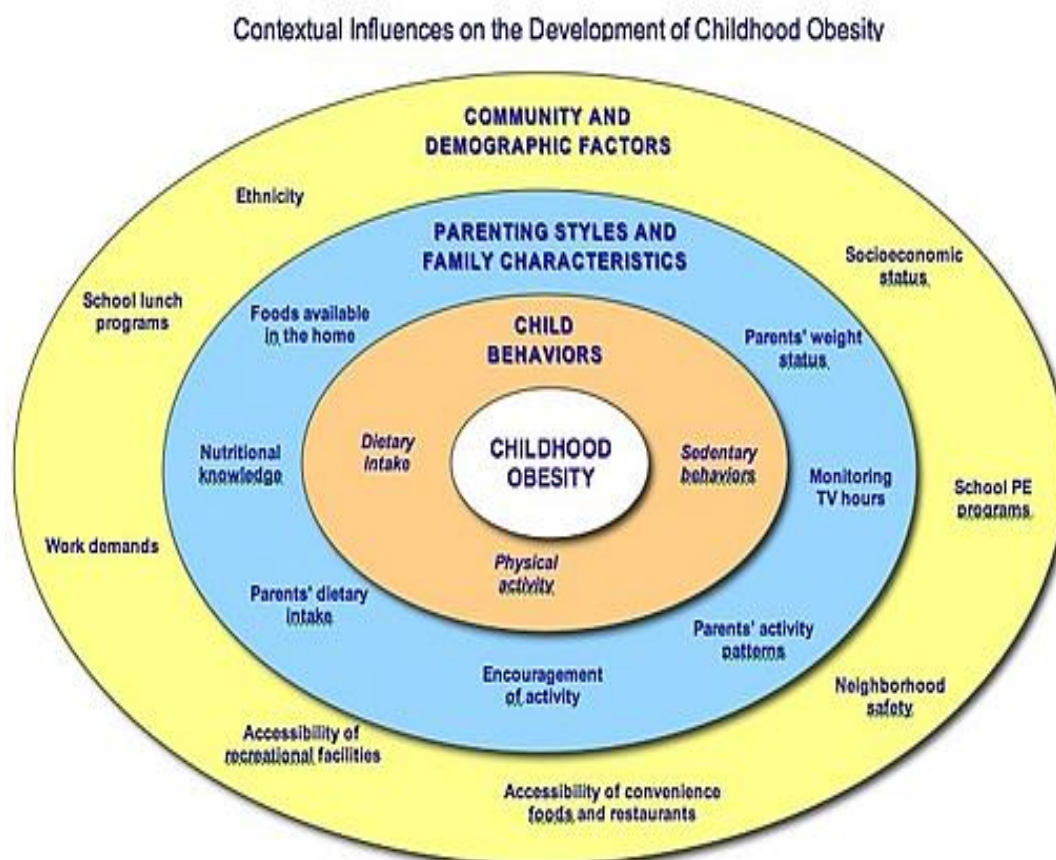
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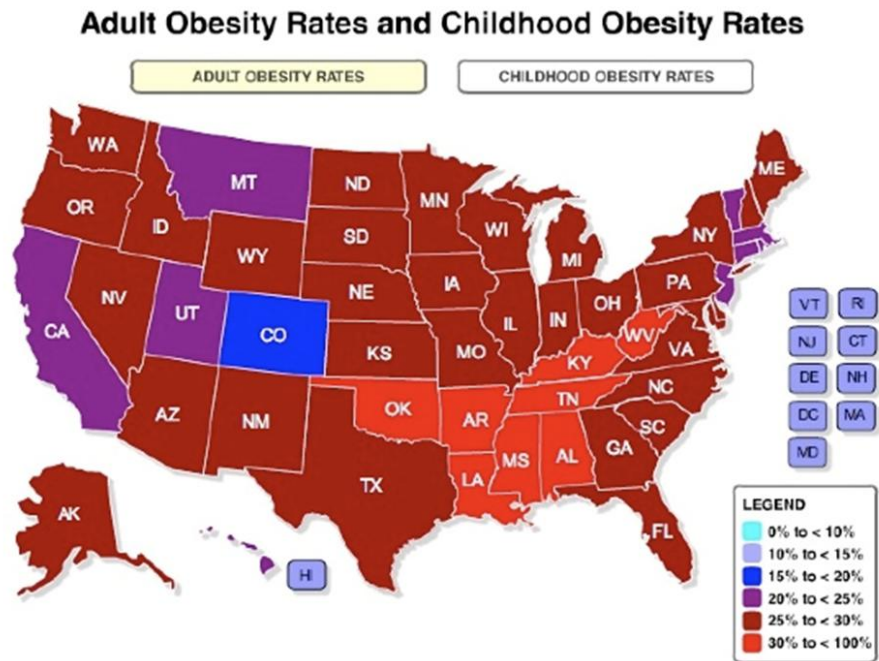
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Appendix – a



Adapted from Davison & Birch (2001). *Obesity Reviews*, 2, 159-171

Appendix - b



Appendix - c

The Obesity Rate of Children in U.S. from 1981 to 2009

