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What factors cause childhood obesity to be a growing pandemic in the United States? And what are the causes and potential solutions to address this alarming trend? I am interested to learn more about why child obesity has become a very serious issue that is taking on the health of the nation's children. If anyone isn't familiar with the term child obesity then you should know that it is when a child's BMI for their age, weight, or height percentile is above 95 percent. Obesity affects many children in our society, putting them at risk for major health problems in the future. Many of the health problems associated with obesity are as follows: type 1 and 2 diabetes, asthma, high blood pressure, and even psychological problems in kids and young adults. The rise of obesity in children targeted in the New York City area needs to get the government involved because of promoting unhealthy eating habits in schools and homes, obesity in childhood leads to serious health conditions in adulthood and environmental factors such as not being physically active for many reasons. An interesting thing about the topic of childhood obesity is that because there are so many underlying factors that all play a part in the growing rates of obesity the actual main cause is trickier to understand. One of the main purposes of this research is to find the different approaches parents can make throughout their child's life that involve practicing healthy eating habits. It is everyone's responsibility to work on preventing and reducing childhood obesity, from the parents who are supposed to care about their children's health, to the public health representatives, who should care about a future healthy nation, and everyone in between. Every part of society should create a set of lifestyle changes to save our kids from

obesity. There are many aspects, that have to be changed or improved, including parent's nutrition education, children's physical activity, and kid's nutrition in school and home, the food industry, etc.

“How Socioeconomic Status Affects Nutrition.” Youtube, uploaded by Nutrition World, 23 August 2020, www.youtube.com/watch?v=767XvUz5Aro.

This YouTube video examines the link between a person's physical environment and their potential health status. According to the video, “race is an underlying factor to socioeconomic status. Families of color historically have significantly lower incomes and are more likely to live in unsafe and unhealthy low-income neighborhoods compared to white families. Because of this racial and ethnic minorities often encounter minimal access to healthy lifestyle options therefore they experience poor nutritional health more often than their white counterparts.” The author discusses the meaning of socioeconomic status as “a measure of an individual's or family's economic and social position based on education, income, and occupation.” A person's physical environment is their surroundings such as their workplace, home, and school. The availability of healthy food choices and access to preventive services are often associated with a person's socioeconomic status. Furthermore, physical proximity to these resources also plays a crucial role in determining their accessibility. The author provides an example of how one's physical environment can impact their well-being, using a case study of two women with different socioeconomic and racial backgrounds. Carol is a Caucasian woman who attended a 4-year college and earned her degree. Carol has found secure and stable employment that provides her with a good income. Additionally, she owns her own home and lives in a neighborhood that

offers access to preventative services such as gyms, walkable streets, and healthier food options. Living and working in such an environment will enable Carol to lead a healthy lifestyle and engage in healthy behaviors throughout her life. Ana is a Latina woman who was not able to graduate high school and earn her diploma so she struggles with a low-paying job. Ana's physical environment consists of direct access to fast food restaurants, liquor stores, unsafe streets to walk, high levels of crime, and abandoned buildings. All of these are barriers to Ana's development and maintenance of healthy eating behaviors and activities, which increases the likelihood of developing poor nutritional status. Racial and ethnic minorities often lack access to healthy food options and experience poor nutritional health more often than white individuals. This source includes useful information about why obesity is such a growing concern for our future generation's health. The goal of this video is to inform people about the risks that come along with poor nutrition. The audience is the general public because the point is to alarm them to be aware of the issue instead of purposely disregarding it.

Hammond, Ross A. "Childhood Obesity Fuels High Health-Care Costs." *Childhood Obesity*, edited by Tamara Thompson, Greenhaven Press, 2016. At Issue. *Gale In Context: Opposing Viewpoints*, link.gale.com/apps/doc/EJ3010964204/OVIC?u=cuny_nytc&sid=bookmark-OVIC&xid=962e0e97. Accessed 28 Nov. 2023. Originally published as "Obesity, Prevention, and Health Care Costs," 4 May 2012.

In this article, the author aims to address the issue of increasing public health care costs due to a great amount of obesity in the world. The article specifically analyzes another growing factor of obesity in the government and healthcare systems. The author discusses the obesity epidemic stands as a major catalyst for escalating healthcare expenses in the United States, with the

potential for even greater increases in the future if left unaddressed. The author mentions the heightened health risks associated with obesity not only impose a substantial societal burden but also exact a considerable economic toll. The author also mentioned relative medical costs for individuals grappling with obesity are estimated to be 36 to 100 percent higher than those for Americans maintaining a healthy weight. A study in 2009 revealed that the sole impact of childhood obesity results in an annual expenditure of \$14.1 billion in direct medical costs. According to the article, "Perhaps the most pressing public health challenge for the United States today is the epidemic of overweight and obesity, which is linked to an array of costly and debilitating health consequences. According to data from the National Center for Health Statistics, two in three American adults are now overweight, including one in three who are obese. A recent study also found that almost one-third of children and adolescents are overweight or obese. These rates are even higher among ethnic minorities, rural populations, and those with low income or education. The health risks associated with obesity reported by the Institute of Medicine include a much higher incidence of cardiovascular disease, diabetes, several cancers, hypertension, high cholesterol, asthma, osteoarthritis, and liver disease."

I believe this source is useful in providing information for the general public with statistics on obesity creating large amounts of debt for the Americas. This study does address the factors that contribute to the obesity epidemic. The article gives crucial information that is useful for understanding the importance of health care costs rising in the future will leave the obese population millions in debt if the issues are not addressed and fixed.

Sahoo, Krushnapriya, et al. "Childhood obesity: causes and consequences." *Journal of family medicine and primary care* vol. 4,2 (2015): 187-92.

The author explains the causes and consequences associated with childhood obesity and ways parents can help their children prevent or cope with obesity. The author mentions how when a child is facing obesity and its growing rates the factors multiply such as poor academic performance in school and emotional factors. I find this source useful because it addresses the ongoing issue of obesity in children and teens that stems from external and internal factors. This source provided accurate information on related health risks associated with childhood obesity and correctly answered my research question.

During my research, I came across three sources, including a multimodal video, a news article, and a blog. The conclusion of my research was very interesting, and I learned a lot while reading. My goal was to raise awareness among parents and children about the serious issue of obesity and its various contributing factors. Through my research, I learned that a person's physical environment and nutritional status can significantly affect their weight, ultimately leading to obesity, which is linked to many health risks such as high cholesterol and type 2 diabetes. However, I also learned that obesity can be prevented and fought against by leading a healthy lifestyle. Parents must be aware of the risks of obesity, as evidence suggests that many American children are already obese by the age of 2 and are more likely to become obese adults.

