

Introduction, Slide 1- The CDC says that about 19%, 14.4 million children are obese, which means that just 14.4 million people are at risk of physical and health issues that could lead to an earlier death.

Slide 2- The first slide introduces how children become obese. Children find more joy in playing video games and watching television in today's society instead of playing outside. Children become less active and don't get the right amount of activity their body needs to be healthy. Children who constantly consume too much sugar, salt, and fats and little to no fruits and vegetables will become obese. If a child has a poor sleeping schedule, that also plays a massive factor in being healthy. Too much stress on a child also leads to poor health.

Slide 3- In the United States, children eating junk food daily is more common than a child having a healthier diet daily. Parents and guardians are to blame for childhood obesity, and some parents make up excuses for their children being obese. Some parents believe that their children are going through a 'phase' that they'll grow out of. But children can't magically grow out of obesity. The proper food and exercise will help children lose weight and be healthier.

Slide 4- The food industry is the scariest part of it all. Big food companies such as Coca-Cola, Tyson, and Nestle hire top researchers, including neuroscientists, to design foods to make them addictive. They prepare foods with vast amounts of sugars, salts, and fats that provide people immediate and intense pleasure. Sugar impacts the brain 20 times faster than nicotine. But yet, people who smoke cigarettes are looked down upon more often than parents who provide their children with sugar junk foods that affect the brain quicker than nicotine.

Slide 5- The health risks of a child being obese are tremendous. An obese child is most likely to develop high blood pressure and high cholesterol, eventually leading to heart disease. Type 2 diabetes is another common health risk from high sugar and carbohydrates. Obese children also are more likely to have trouble with their bones and joints not growing correctly. Obese children can also suffer from mental health issues as they grow older. Sleep apnea is another health risk factor. Being obese will affect the way a child sleeps, and sleep is one of the most important factors of being healthy.

Slide 6- The CDC recommends a particular lifestyle that allows children to live a healthy life. It's called the 10 5 2 1 0 lifestyle. Ten hours of sleep, five fruits and vegetables, less than 2 hours of screen time, 1 hour of physical activity, and 0 sugary drinks. This lifestyle allows children to

enjoy their lives while eating the foods that support their bodies the most—preventing children with little to no food from the most significant food companies with the unhealthiest products. Packing children with healthy snacks and meals for school instead of eating the unhealthy foods school provides. However, public schools do provide nutritious meals, but they aren't as enjoyable, so it'll lead children to want to buy unhealthy snacks to fulfill their hunger.