

Childhood Obesity in America: Biography of an Epidemic

Childhood obesity is a serious problem in America. The Centers for Disease Control and Prevention (CDC) defines childhood obesity as having a body mass index (BMI) at or above the 95th percentile for children of the same age and sex.

According to the CDC, in 2016, 18.5% of children and adolescents in the United States were obese. This means that nearly 13.7 million children and adolescents in the United States are obese.



Childhood Obesity in America: Biography of an Epidemic by Laura Dawes

★★★★★ 5 out of 5

Language : English
File size : 6423 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 316 pages



Childhood obesity is a major public health concern because it can lead to a number of health problems, including:

- **Heart disease**
- **Stroke**

- **Type 2 diabetes**
- **Cancer**
- **Sleep apnea**
- **Nonalcoholic fatty liver disease**
- **Asthma**
- **Depression**

Childhood obesity can also lead to social and emotional problems, such as:

- **Low self-esteem**
- **Bullying**
- **Social isolation**
- **Depression**

The causes of childhood obesity are complex and include both genetic and environmental factors. Some of the most common causes of childhood obesity include:

- **Unhealthy diet**
- **Lack of physical activity**
- **Family history of obesity**
- **Certain medical conditions**
- **Certain medications**

There are a number of things that can be done to address the problem of childhood obesity. These include:

- **Promoting healthy eating habits**
- **Encouraging physical activity**
- **Providing support for families**
- **Improving access to healthy food**
- **Reducing exposure to unhealthy advertising**

Childhood obesity is a serious problem, but it is one that can be solved. By working together, we can create a healthier future for our children.

Personal Stories of Childhood Obesity

The following are personal stories of childhood obesity from people who have experienced the problem firsthand:

Sarah's story:

I was overweight as a child and I was bullied a lot because of it. I was called names like "fatty" and "lard butt." I was also excluded from activities because I was too slow and clumsy. This made me feel very lonely and isolated.

As I got older, my weight problems continued. I developed type 2 diabetes and high blood pressure. I also had trouble finding clothes that fit. I felt like I was a burden to my family and friends.

Finally, I decided to make a change. I started eating healthier and exercising more. It was hard at first, but I slowly started to lose weight. I also found a support group that helped me to stay motivated.

I am now a healthy weight and I am so glad that I made a change. I am no longer bullied or excluded. I am also much healthier and happier.

John's story:

I was a healthy weight as a child, but I started to gain weight in middle school. I was eating unhealthy foods and I was not getting enough exercise.

By the time I was in high school, I was obese. I was so embarrassed about my weight that I would avoid going out with my friends. I was also afraid of being made fun of.

My weight problems continued into adulthood. I developed sleep apnea and I had trouble finding a job. I also felt like I was a burden to my family and friends.

Finally, I decided to have weight loss surgery. It was a difficult decision, but it was the best decision I ever made. I lost over 100 pounds and I am now a healthy weight.

I am so grateful for the weight loss surgery. It gave me a second chance at life. I am now happier and healthier than I have ever been.

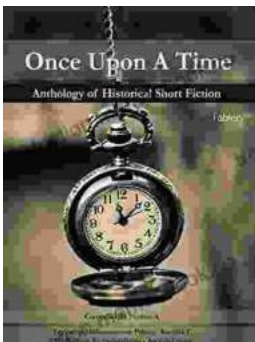
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