

**Argument Essay: Childhood Obesity, What about it?**

Now and days, childhood obesity is a topic on many peoples lips. Childhood obesity is when a child eats too much causing them to be too overweight and sick. I would argue that there are many factors that cause childhood obesity. Many people argue that there is only one factor to blame child obesity on. Some say the parents are to blame since they control what the kids eat. Others might say that it’s the school lunches to blame, and its because they should serve healthier food. But really this subject is more complicated than that and we shouldn’t play the name game one one factor; it’s really many factors that cause childhood obesity. There are many reasons that lead to obesity, one reason is the environment that the kids live in, another reason has been a reason the school lunches. Some people say believe that child obesity only has one factor that causes it, but really obesity is more complicated than that and has various of factors.

One big reason that leads to childhood obesity depends type of environment that the child lives in. Depending on the living conditions of the kids, that is how they are going to live for most of their lives. For example, if a child lives in an environment where the parents always fill the cupboards with candy, sugary drinks and very little healthy stuff when the kids is hungry that is where they are going to go. That is a problem in many homes, and because of that one-third of the US is obese or overweight. For instance, based on the article Understanding Childhood Obesity it says, “Many children consume liquid candy. Sugary drinks can easily make up 20% of a child’s daily calories,” (page.1). It also explains that if the parents just allow kids to have an unhealthy lifestyle, that is how they are going to

grow up to be. Sarah Armstrong, an expert at Duke University medical center says, “Solving childhood is a directive that will require unprecedented levels of cooperation between multiple sectors,” (page.1). Parents are the ones who have most control in the kids environment, so they have to take a stand and make it a healthier environment. To change a lifestyle requires little baby steps, because each situation is different. Even if you have a low income, its worth to try to stay healthy, for example instead of buying unhealthy drinks buy water. Some basic advice is exercising, eating fruits and veggies and other stuff like it. With these little steps, we can take a step in the right direction to a healthier life. To have a healthy life is worth it, because being overweight or obese is a situation we don’t want to be in. Parents, be a model for a kids and demonstrate to them that it is important to be healthy in our lives.

Another reason that has a turn into causing childhood obesity are the school lunches. School lunches are not as healthy as there posters say all over the cafeteria. Based on the article Childhood: Obesity and school lunches studies show that kids who regularly eat school lunch more then others have a 29% more to get overweight or obese. It even has a higher chance on the kids then those who play video games for more than 2 hours. Dr. Kim A. Eagle, director of University of Michigan Cardiovascular Center says, “Most school lunches rely heavily on high-energy, low-nutrient food, because it’s cheaper,” (page.1). This demonstrates to me that school lunches affect kids more than even technology, which many people believe is a main problem in childhood obesity. But really, school lunch has low nutritional value, and they try to find the cheapest food to feed more kids. The problem with that is that giving kids the cheapest food is not healthy for them and could affect their lives forever. A good thing to do is to try to bring school lunch to not eat the school lunch so regularly, many people say they don’t have time but it on takes 10 minutes or even less. So it’s important to take these steps to lead a healthy life.

A group that might think differently about child obesity believes that there are not many factors to obesity but really there is only one big one that causes child obesity. Many people for instance believe that the main problem are the parents. Based on the article Child Obesity...whose fault is it? is an article that a women write name Elizabeth; she says, “The fault lies on the parents and/or guardians...if you want your kids to live a happy healthy and longer life...make them eat their veggies and fruit,” (page.2). This specific factor is arguing that childhood obesity is all the parents fault. It is saying this by saying that they must control all that they eat and the kids actions to stay healthy. This evidence does show that how the parents handle the kids food is a big factor in childhood obesity, however the way the parents control their food also revolves around the environment the family lives in. The way the parents are going to handle the kids is going to depend on what kind of environment they grow up in an environment and parents are two different factors. Yes they connect, like every other factor in childhood obesity, but no one should play the blame game on just the parents or another factor; the truth is that childhood obesity is a complicated problem and it has many factors to it that causes obesity.

Childhood obesity is a very important but complicated topic. I would argue that there are many factors that cause childhood obesity, others would argue that there is really only one factor that cause childhood obesity. This topic connects to another topic, cancer. There are many arguments that people have on what causes cancer, but the fact is just like obesity, cancer has many factors that you could do to prevent it. Things that you could do to prevent it and be safe, its not just one factor. With complicated topics you can't blame it on one thing, thats why there complicated. That's why just like cancer and other important topics, it relates to childhood obesity because there are many factors to them and there are many things we can do to prevent them.