

Childhood Obesity

Use the following website to answer the questions below in complete sentences.

https://www.healthiergeneration.org/about_childhood_obesity/get_informed/

Questions:

1. Explain the difference between children being overweight versus being obese?
2. Define the term epidemic. What percent of children are affected by this epidemic in our state? Do you agree that this is a preventable health issue? Explain why or why not.
3. List the top 10 highest ranked states affected by this epidemic. Where does our state rank and does this surprise you? Explain.
4. Explain the health consequences associated with this epidemic and why we should be concerned about them in your own words.

5. There are a number of contributing factors to the increase of this epidemic. Read through each and thoroughly answer the following questions.

- What is the relationship between physical activity and screen time?
- How can we make physical activity just as fun as viewing screens?
- What would the impact(s) of that happening be on people of all ages? Think physically, intellectually, emotionally, and socially.
- What is the purpose of commercials or advertisements?
- How can we change what our children see on television and billboards? Propose a solution to this problem and briefly explain.
- What is the relationship between junk foods and real foods?
- Propose a solution that would encourage children to eat whole foods over junk foods. Think about what would influence you to change your habits when proposing a solution.
- What is the value of recess for children in school?

6. What are some (3) solutions a family can implement in order to create a healthier lifestyle for their children? Before answering, think about what you would want your family to do if this was you.

7. Why is all of this information about this issue important to know? Explain in one solid paragraph (5 sentences minimum) below.