A potential demon turns up gradually to strip away children's health cruelly, which is the trend of that children are being overweight in a world today. What causes such a terrible result?

What bad consequences will be brought to our children?

Now let's discuss the reason why it occurred and what bad consequences will it make to our children.

The prosperous development of our world enriches the wallets of millions of households and the very high speed productivity cut down the cost of our daily demands considerably. Both of them make it possible that every family can afford nutritious food which is a really huge change compared with previous life. Additionally, high-technological products have fulfilled children's daily life, which takes the place of the time used for exercises to a great extent. To sum up, overnutrition and the lack of exercise is the core reasons that give rise to children's being overweight.

It is universally known that the harm of being overweight could be deadly. From a physical point of view, it's a devastating blow to your appearance. Also, high weight would definitely result in unconvertible damage of the joints of bones and hypertension is an additional disease of overweight. From a spiritual point of view, depression is a very common mental disease from being overweight. Lacking confidence gradually converts into a self doubt, then depression comes subsequently that will undoubtedly destroy a person's mental line of defence.

All in all, it is evident that there are various causes of obesity among children, and a variety of negative effects. Society must ensure steps are taken to prevent this issue from deteriorating further.