The rate of overweight children in western socitey has significaently increased by 20 percent over the period of ten years.

There are many possible reasone that can explain why this change in children’s weight I am going to explain some reasons and will offer a solution which willl be best in my opinion.

First reason is that the child can iniherite his or her perrents body structure so in case their perants have high weight their children will inherit that. Second reason can be the lack of digestion in child’s digastive system which means that over the years the digestive system of every child is getting weaker.third reason is the most likely to be the cause of these effect the reason can be source of food in case the kid is having junk food like choclate , candy ,potato chips and other kind of junk food then it may cause weight gainig then it can lead to weight gaining.Forth reason may be lack of exersice every child needs little exersice now and then ,communly playing out in park and with other kids provides that exercise to kids but in any case if the child is not having that exersice or play time it may cause weight gaining

In any situation overwight can be easily solved by changing the choice of food and parent should make sure if their kid is getting enough exercise and should moniter kid’s digestive system is functioning properly.

In cunclusion , I think the major issue is bad food and if restricted the problem can be over come easily.