Summary

Childhood obesity is an increasing issue in the UK (Karnik et al 2012; NHS 2015; The Guardian 2015). It can be resulted by many factors. Firstly, the convenience of modern lifestyle leads to children spending their free time on video games and watching television (Karnik et al 2012; NHS 2015). Genetic can also contribute to childhood obesity (Karnik et al 2012). Furthermore, the child’s surrounding could increase the risk of obesity (ibid). For instance, children who live in less fortunate environments do not have enough access to healthy food. In addition, advertisements by food and drink industry might encourage children to buy drinks that have high amounts of sugar (Karnik et al 2012; NHS 2015; The Guardian 2015). Finally, schools do not provide enough healthy options and physical activities for children (Karnik et al 2012). Psychological and physical effects can be a consequence of childhood obesity. Low self-esteem and depression could have a negative impact on the child’s academic and social life (Karnik et al 2012; NHS 2015). Physical effects could include a number of diseases such as high blood pressure, type 2 diabetes and in extreme cases, could lead to cancer (Karnik et al 2012; NHS 2015; The Guardian 2015). Moreover, children might feel uncomfortable due to the excessive weight on their muscles and bones. Asthma and sleep disorders can also result from childhood obesity (Karnik et al 2012). There are several solutions to this problem. The government, businesses and families need to make an effort. Firstly, the government should improve its facilities; for example, it should increase the number of walkways and bike paths (Karnik et al 2012; NHS 2015). Additionally, it should create more playgrounds, which would rally children to go outside and participate in physical activities (Karnik et al 2012; NHS 2015). Another solution that the government could implement is to apply taxes on sugar that are set between 10 to 20 percent (The Guardian 2015). In addition to that, more control over food promotions must occur. Businesses could also provide clear labeling on products, which needs to include information about harmful ingredients and the number of calories in products (Karnik et al 2012). Finally, families have a significant influence on their child’s behavior and lifestyle. For instance, if visiting a certain store, parents could encourage their child to walk more by parking the car away from the store’s entrance (Karnik et al 2012; NHS 2015).

**Reference List:-**

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