

Modern children are suffering from the diseases that were once considered to be meant for adults only. Obesity is a major disease prevalent among children. What are its causes and what solutions can be offered?

There is no denying the fact that in the recent years some diseases have spread among children which were common among adults in the past, and without any doubt obesity is a major problem that is growing drastically. There are various reasons causing ~~ing~~ this problem and ~~needed~~ needing urgent attention.

From my point of view, junk food is one of the most important factors contributing to this problem. Children are fond of eating unhealthy foods like burgers or pizzas which are easily available. Moreover, these days parents are very busy and they do not have enough time ~~in order~~ to make food for their children. Therefore, children usually eat out instead of eating homemade food.

Another important factor which should be taken into consideration is the sedentary lifestyle. Nowadays due to the technological advancements, children have become lazy and ~~they~~ spend most of their time watching television or playing video games. This problem ~~is~~ has deteriorated not only in developing ~~countries~~ but also in developed countries.

There are some schools of thought to solve these problems. For instance, parents can teach their children to cook healthy foods for themselves. In addition, junk foods should be banned and replaced by milk, fruits and juice in some places like schools.

Besides, children should be encouraged to do engage in physical exercises. Schools have to add different kinds of sports in their curriculum to maintain physical fitness in their students. The more activity they do, the healthier they are.

On the basis of the points mentioned above, I am inclined to believe that although this problem is growing considerably, there are some solutions to rectify this situation. This ailment can be treated by promoting healthy foods and physical exercises and it is a mutual responsibility of both individuals and governments to help children to tackle this problem.