Obesity was once considered a disease of adults; however, it is becoming increasingly common among children. Why do you think this is happening? What can be done to help children stay healthy?

Being overweight these days has become one of the prevalent plights in most modern societies. Suffering from the effects of obesity, many children nowadays are overweight as a direct result of an unhealthy diet governed by large fast food chains. The reasons behind this, and the practical solutions to overcome this widespread phenomenon is a heated topic which will be discussed in the following lines.

A sedentary lifestyle, and an unbalanced dietary are two major factors playing crucial roles in people's obesity especially young adults and children. Thanks to the recent advances of science and technology many parents prefer their children stay at home playing video games. These parents strongly hold the idea that not only does can playing computer games can hone their children's computer skills which seem absolutely essential in today's life, but it is also a safe way for children to spend their spare time at home near their parents rather outside.

Furthermore, by eye-catching fast food advertisements besides the strictly serious time limitations most parents have in this time and age, many children tend to consume disqualified food. Also that an organically produced healthy food cost much more than junk food is an indisputable fact. Both the above-mentioned reasons are inextricably bound up with obesity in people, especially children, from all walks of life. An effective solution to this controversial issue seems to be reasonable price of healthy food for all people. Another permanent solution could be free healthy meals at schools under the surveillance of nutritionists. This should certainly prevent children from having junk food at least during school hours.

By way of conclusion, I maintain that lack of physical activity, and excessive consumption of unhealthy food are two major factors contributing to children's obesity in most developed countries. Had the social media raised these children's awareness of the damages of obesity, we would not have had such a large number of overweight children now. Improvement of people's awareness alongside training children at schools will play a crucial role in lowering the rate of obesity in children.