

**The percentage of overweight children in western society has increased by almost 20% in the last ten years.  
Discuss the causes and effects of this disturbing trend.**

*It is fair to say that obesity among children is a big challenge in the modern world. This essay will analyze why some children suffer from these issues and also survey the impacts on the toddlers.*

*On the one hand, there are a number of likely explanations why some children have been faced with overweight recently. The most obvious one could be their diet. This would mean that they are served fast food which not only is not nutritious but also genetically modified (GM). Another factor might be that they prefer staying home and playing games with their siblings to going out and doing outdoor activities, so this sedentary life can lead to a serious problem in children's healthy, one of which ~~which one of them~~ is obesity.*

*It is universally accepted that obesity has some dire consequences. The most serious one would be that overweight children might encounter ~~with~~ some disease. This is problematic for ~~the a~~ simple reason, because most doctors believe that obesity is directly associated with/related to blood pressure, diabetes and other incurable illness. And the second devastating effect might be that they become tired early when they are doing their homework and also playing sports in comparison with their fellows/peers. it is probable that it can have a bad/adverse effect on the performance of their brain.*

*To sum up, it is essential that parents oversee their children's meals and ~~do~~-not allow them to eat fast food frequently; moreover, the government must put a ban on importing any substance, which is not appropriate for healthy.*