

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?

Over the recent decades, obesity ~~is~~has been one of the most common diseases amongst children. While there are various reasons behind it, there are some potential steps that can be ~~done~~taken to ~~decline~~slow the pace of this phenomenon.

Admittedly, after breakthroughs in artificial ~~intelligent~~intelligence the nature of games has been altered, introducing new consoles to all particularly new generations; as a consequent, children now tend to sit for several hours in front of the television and play with state-of-the-art PS 5, for instance. To solve this problem, governments could invest ~~on~~in hi-tech companies to invent gadgets that not only ~~including~~include high quality such as colors, screen, but also add some features to involve moments in such intelligent games, encouraging children to do extra movements to obtain more scores.

The other problem is that the consuming of fast foods and semi-prepared food has rocketed in comparison with fifty years ago. Restaurants and coffee shops are ubiquitous, persuading children to buy their production via tempting advertisements. This issue could be addressed by increasing tax on unhealthy foods. Besides, the authority figures could pass new regulation to make control shelves on markets to use healthy foods instead of poor nutritious ones with high calories. Furthermore, parents should consider the acquisition of food knowledge on top of their priority/in the top of their works, how to serve a broad range of ~~the~~ high-quality foods for their children to persuade them to consume these types of foods.

To sum up, although it is clear that children face a range of situations that finally bring overweight to them, it is undoubtedly possible to start to tackle this problem and ~~improving~~improve the quality life of children. Governments and parents must take the lead in dealing with this disease, otherwise this condition will only get worse in the future.