

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?

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As a negative result of technological advances, obesity is growing faster among adults and also their children around the world. While kids in poor countries suffer from malnutrition, kids in other countries, whether developing or developed, suffer from overweight.

All the researchers have consensus that in modern life, the physical activity rate of almost 80 percent of children has decreased by spending most of their time in front of computers and not having a beneficial nutrition plan in their family. There is no doubt, nowadays, parents do not have enough time to prepare healthy foods at home, so, instead, they use ready foods which have more cholesterol and less fibers. Most of today's/new families live in apartments. Experts also argue that not having enough space to play and engage in activity in these modern homes have-has caused children to gain more and more weight.

In my opinion, having more time to play in schools and paying more attention to exercising time by the educational authorities, is the low cost solution for families. Another way is increasing the rate of general sport complexes and secure outdoor playgrounds in neighborhoods and also educating families to prepare fast and healthy foods at home.

In conclusion, I think that the most important way of decreasing obesity among children is changing the lifestyle of families and wanting /demanding the government to make-provide more facilities which are the basics for healthy life of the next generation.