

ADDRESSING CHILDHOOD OBESITY

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Introduction

- The health issue of childhood obesity remains a burning problem in American society.
- In 2020, over 19% of all American children had obesity (Koetsier et al., 2021).
- Childhood is the time when the new human being growth and forms.
- This is the time when it is very important to have good metabolism and stable development.
- This project seeks to turn the attention of the wide public to the problem of childhood obesity and offer nursing-based solutions to the problem.

Background

In the event of developing childhood obesity, the child faces a number of adverse health outcomes (Koetsier et al., 2021).

Obesity is associated with poor metabolism and disruptions in the development of organs and systems.

Obesity results in hormonal issues, which is a special problem for a young organism because stable and correct development depends on healthy hormonal system (Fenin, 2021).

Obesity is also a trigger of psychological problems in children because they feel upset about their bodily image.

Childhood obesity impacts further development of the body and may result in chronic cardiovascular, metabolic,

- This paper seeks to explore scholarly evidence addressing the negative implications of childhood obesity and the role of nurses in helping prevent childhood obesity. Nurses are leaders of change in terms of childhood obesity as they provide health teaching to families regarding proper nutrition, physical activity, and opportunities to address any other preventable risk factors affecting child's weight.

Thesis Statement

Causes of the Problem

The main cause of childhood obesity is the excess intake of calories from food.

Other factors that increase the risk of obesity are: (1) lack of physical activity; (2) heredity; (3) metabolic disorders; (4) endocrine pathology (hypothyroidism or excess adrenal hormones); (5) improper daily routine, lack of sleep; (6) taking certain medications for a long time (hormones, antidepressants) (Fenin, 2021).

Implications of Childhood Obesity

Obesity is not only an aesthetic problem.

Extra pounds disrupt the well-coordinated work of the body.

The more extra pounds a child "carries", the harder it is for the body. The load on the cardiovascular and respiratory systems increases, the musculoskeletal system suffers (Koetsier et al., 2021).

Regular overeating contributes to the development of digestive problems, pancreatitis, and cholecystitis.

In addition, the threat of diabetes type two increases.

Other potential concerns are scoliosis, high blood pressure, headaches, gastritis.

Role of Nurses

- Nursing interventions that may help affected individuals include health teaching about childhood obesity prevention, patient empowerment, and patient support (Lebron et al., 2020).
- Nurses are leaders of change in terms of childhood obesity.
- They provide health teaching to families regarding proper nutrition, physical activity, and opportunities to address any other preventable risk factors affecting child's weight (Kushner et al., 2019).

Conclusion

Childhood obesity is a very serious problem.

The prevention of obesity in children must be given priority.

Nursing interventions that may help affected individuals include health teaching about childhood obesity prevention, patient empowerment, and patient support.

Nurses are expected to provide health teaching to families regarding proper nutrition, physical activity, and opportunities to address any other preventable risk factors affecting child's weight.

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