CHILDREN GETTING FATTER FASTER

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For the last several years, the number of overly fat children has doubled in number. Many children are getting fatter faster. Around 4 to 6 million children aged 6 to 11 are found to have serious problems with their weight. Despite that people, parents particularly are becoming more health and fitness conscious now a days, the incidence of weight problems is getting higher.

There are school health programs but health classes are often unpopular among students. Only few young students also qualify for school-sponsored sports. Some others are totally uninterested to join.

While obesity can be affected by genes, it is not always the whole story. Environment plays a critical role as well. Becoming active help regulate weight. However, most children do not play outdoors anymore. Obviously, the reason is that technology has overruled street games. Cellphones, tablets, and PC games are what most children would rather get busy with – which are all sedentary.

Like adults, children tend to get fat because of sedentary lifestyle. TV viewing, snack and soda habit, the popularity and availability of processed foods, and accessibility of fast foods are all contributory to this kind of lifestyle children and youngster are living now. This is one of the major reasons for the getting fatter faster situation among them.

There is still a solution to this problem which needs to be addressed before these children develop obesity problem illnesses such as heart diseases and liver problems. Teaching them sensible healthy habits at an early age can help. Some of these basic habits include eating three meals a day consisting of fresh fruits, legumes, whole grains, and vegetables without the soda and snack in between, drinking plenty of water, daily active exercise for 1 to 2 hours, regular reading time to replace TV time, plenty of rest, and inculcating various interests such as music lesson, arts
and crafts, outing, participating in church and community services are all helpful to gain balance for them.

References: