

**Child Obesity**

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\*Beep\* \*Boop\*, \*Boop\* \*Beep\*. This is the sound of little a kid smashing fingers on a greasy controller, with Potatoe chip dust covered all over the buttons. The child refuses to go outside with neighborhood friends, and just wanting to sit inside eating and playing games. In the article “Childhood obesity is a threat to our children and the nation itself” From the San Diego *Union-Tribune*, Ayala X. Guadalupe (2021) argues that the nation has lost its focus on child obesity, with the goal of reducing it, whilst blaming the COVID-19 pandemic for camouflaging the epidemic of childhood obesity. Guadalupe (2021) points out that compared to children who live in more wealthy districts, those who reside in poorer communities are more likely to be overweight. Also adding that depending upon the race the child is born into, it can lead to the child being overweight. Lastly, stating the effects how technology has impacted young children's health. I agree with Guadalupe (2021) “that child obesity is a threat to our children and nation”, I find that Guadalupe's (2021) claims are persuasive. I'd like to further emphasize Guadalupes claims on some important subjects dealing with childhood obesity. Such as, how wealth can affect your child's weight, The race your child is along with the location you live in, and how parents can better prevent child obesity.

Near the middle of the article Guadalupe (2021) writes, “Poorer communities have less access to healthy foods and safe and affordable places to be active.” I strongly agree with this statement. The wealth a person has and the place they live in strongly affect how a child will develop in their lifetime. The children will get accustomed to cheap unhealthy foods, and slowly

become overweight caused of their parent's actions. Guadalupe (2021) Sent out a survey to families in the California area. The researchers noticed that 30% of kids 6-12 were overweight and that this percentage differed between race and location of living. Guadalupe (2021) writes, that “Youth who identify as Black, African American, Hispanic, Latino and mixed race are more likely to be overweight as children than their non-Hispanic White counterparts.” Connecting this to Guadalupe’s (2021) earlier claim that “Poorer communities that children grow up in are more likely to be overweight”. In “Wealth Inequality and the Racial Wealth Gap” Aditya Aladangady and Akila Forde (2021) write, “In the United States, the average Black and Hispanic or Latino households earn about half as much as the average White household and own only about 15 to 20 percent as much net wealth.” With this statistic, it correctly illustrates wealth as a major issue to child obesity, and how parents, along with the system overall are one of the major problems in this epidemic. By not being able to make enough money, parents are forced into putting cheap, unhealthy foods in their kids’ bodies, which affects their generation, and future generations' health and well-being.

Adding onto the trickling effect wealth causes on child obesity, Guadalupe (2021) states, “What we have at easy reach is most likely what we will eat or drink”. This is especially true for young children, Parents, and other family members. Making fruits and vegetables accessible to children are more likely to have children of healthy weight.” I agree with her statement. But Guadalupe (2021) lacks to emphasize the problems of money within families. The nation's leaders and businesses have blinded us with cheap-tagged foods, by putting smaller price tags, and glorifying them with sweet-tasting ingredients. Organic food is the opposite of this; many kids believe healthy fruits and vegetables are gross and want to eat ice cream, chips, candy, etc. The problems are the price tags; Children's parents don’t have enough money to afford to stock their shelves full of healthy organic foods when they could buy more junk and keep their kids

fuller and happier. In the Article “What makes Junk foods so tempting” Shereen Lehman (2022) shares the convenience of junk foods. “Junky snack foods lurk in vending machines, convenience stores, and in the check-out lanes of supermarkets, big-box retailers, and even office-supply stores and other places that don't typically sell food items.” I strongly agree with how Lehman (2022) portrayed the convenience of junk foods. Through my experiences junk foods have a longer shelf life compared to more organic food options, preventing retailers from promoting healthier food options. This all connects to child obesity whether you think it does or not. The wealth and decisions of parents affect the kid’s health, causing an ever-lasting trickle-down effect.

Guadalupe (2021) writes about how important parents are in the epidemic of childhood obesity in her article. Guadalupe (2021) states, “Parents and other family members who set limits on how many hours of television/video games a child is allowed to watch or play on any screen are more likely to have a child of healthy weight.” I agree with Guadalupe (2021) statement, but I'd like to expand more. Our world is transitioning to a more technological way of life, and with Guadalupe's' (2021) claim of limiting technology in a kid’s life, it will be more of a struggle to attain those goals. In the article “The concerns about kids and screen time” Katherine Lee (2021) shares important information on how technology can promote child obesity. Lee (2021) states, “More screen time has been associated with reduced physical activity and a higher risk of obesity in kids.” This is a major concern for future generations. Connecting with what I said earlier about how the world is shifting to a more technological way of life. It is as important as ever to focus on our kid’s screen time. Kids will soon start to steer away from physical activities such as sports because they are so addicted to technology. If you don’t believe that kids aren’t addicted to technology. In the article “How to get more kids physically active at school.” Catherine Holecko (2022) writes that “According to the President's Council on Sports, Fitness, and Nutrition, only

one-third of American children are physically active each day.” Meaning over half of the children in America aren't physically active in a day. That is a major concern for the future implications humanity. Holecko (2022) also writes, “Additionally, kids spent an average of seven and a half hours in front of screens daily before the coronavirus pandemic.” This number certainly moved up during the pandemic and has been affected since. Growing up as a kid, I remember going to the doctor, and then pushing my parents for us kids to have a limit of two hours a day. Looking at the information Holecko (2022) has presented, this has gotten far out of hand. Technology will continue to get worse if not limited.

Guadalupe (2021) Advocates throughout her writing about the threat that childhood obesity has on future generations, and how important it is for parents to feed their children properly with nutritious foods, monitor their screen time, and the wealth parents have. These components are so important for parents nowadays. I learned how our world is affected by obesity, and the future implications for humanity if we do not act on it now. I noticed well writing this that the movie *WALLE* is a great example of how the future world could trend with child obesity. *WALLE* is a movie about how technology takes over leaving humans with easier lives, leading them to obesity. But soon you think to yourself. You can't let this happen to your own child. You grab your child's hand, leading them to the park creating core memories they will never forget. It's just you doing your part to end child obesity.

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