Obesity: The condition of being very fat or overweight

Hello. My name is Mozie VanRaaij. I am in the sixth grade and I am twelve years old. A problem that I will assist my school and community in overcoming is childhood obesity. Over 33% of children are obese in the United States. Eating fast foods, playing too many video games and watching too much TV can cause obesity in children. Living in poverty and not being able to eat healthy foods are two more factors that can cause obesity. Obesity can cause serious medical problems, such as sleep apnea, fatigue, type 2 diabetes and bone and joints problems. Sadly, some obese children are bullied for being obese and have low self-esteem.

I will help stop childhood obesity in my community and school by educating families and individuals about childhood obesity. Families can help stop obesity by planning healthier meals and snacks and having limits on video games and TV watching. Parents should make sure their children have access to healthy foods. Teachers and schools should make sure their lunches have fruits and vegetables, along with other healthy foods available for their students to eat.

In conclusion, we can prevent childhood obesity. Children need healthier meals and snacks, more physical activity and time limits on video games and TV watching. Schools can make more nutritious and healthy lunches. In our community, we can raise money to go towards funding programs to stop childhood obesity. In 2011, Ohio was titled the thirteenth most obese state in the United States, according to _F as in Fat: How Obesity Threatens America's Future_. Here in Clark County, 25.9% if residents are obese. We all can help stop childhood obesity. I will assist in overcoming this problem by educating others and being an example myself.