Obesity in Young Children

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Obesity is a rising concern found in children of all ages, especially in adolescence. Different factors influence obesity, such as genetics, metabolic, socioeconomic, and lifestyle. Genetic and metabolic factors are something beyond the reach of an early childhood educator, but socio-economic and lifestyle factors can be changed. However, the extent to which this issue has impact my work in the early childhood education field has become a serious concern. Children have developed different taste preferences, unhealthy behaviors, and activity habits due to which they often become sick. There is a high rate of adolescence absentee in schools because of obesity-related problems which they develop with time. With no or little children present in school would make it difficult for them to compete or gain an education. The primary issue for me would be to have sufficient interaction with obese children while they are absent (Sigman-Grant, Hayes, VanBrackle, & Fiese, 2015).

With no proper education or awareness being provided to them about there physical health due to their absentee, it would be hard for me to teach them the appropriate way of keeping a healthy diet along with physical exercise. With supervision and training, children can solve the problem of obesity, but if the problem exceeds, it can create barriers in the education field. Parents can blame the school or any educational institution for shaping the child into something which is obese. Thus, it would affect my work until I make sure that children do not eat anything unhealthy, or indulge in other unhealthy activities. Not being able to do so would make children do all sorts of unhealthy activities such as consuming sugary drinks, junk foods, being sloppy. All of these would affect their school performance, and for myself, I can have self-esteem issues, depression or behavior problems for not being able to manage adolescents correctly.

**References**

Sigman-Grant, M., Hayes, J., VanBrackle, A., & Fiese, B. (2015). Family resiliency: A neglected perspective in addressing obesity in young children. *Childhood Obesity*, *11*(6), 664-673.