

Childhood obesity in America

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Both childhood and adult obesity can have devastating effects on an individual if it is not brought under control. Personally, I was very affected by the condition as a child because I was always a target of bullying within our neighborhood and at school. Several times I was forced to miss school and this generally influenced my class performance. It was also difficult for me to play with other kids, which largely affected my social life when I was a child. I ended up having self-esteem problems because of the stigmatization I faced at home and at school. I felt helpless, isolated and eventually ended up getting depressed.

Consumption of more calories without doing enough exercise can lead to obesity among children (Prenting.com, 2016). Some of the high calorie foods that can lead to excessive weight include fast foods such as vending machine snacks, chips, candy, soda and baked goods, cookies and fast food. Children that constantly play video games and watch television without any physical activity are more likely to be obese. Some of the preventive measures include taking appropriate amounts of calories and exercising to burn off any extra calories.

The Social Cognitive theory is a theory that is used to predict how behavioral changes affect personal and environmental factors (HBHE, 2016). The theory is used to demonstrate how performing the desired behavior can lead to positive outcomes (HBHE, 2016). In the case of obesity and lack of physical exercise, being healthy with normal weight is perceived as the desired outcome while being physically active is seen as the desired behavior. Children with obesity living an inactive lifestyle can adopt a behavioral change and start exercising to remain healthy.

References

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