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Children rely on parents for basically everything. Parents are responsible for loving and nurturing their child(ren). When growing up parents provide food, clothes, and a place to sleep. Those are just the basic necessities. Parents tend to feed their child at least 3 meals a day. Children eat different meals depending on who is providing them. If a child is constantly feed unhealthy foods they tend to gain unnecessary weight and becomes obese. Parents are one of the biggest factors as to why their child is obese and eats unhealthy.

A article written by a concerned person apart of the children's healthcare department explains why they feel as though childhood obesity should fall on parents. "Jim who at 5'9" 32 years old and 300 pounds is wheeled into a hospital while having a heart attack. After the doctor asks, "How the hell does this happen," the video flashes backwards through the man's life, attempting to illustrate how he got there. At various stages of Jim's life, he's shown eating ice cream and pancakes, being out of breath while playing with his kids or walking on a treadmill, hiding food in his room, playing video games, being rewarded candy by a teacher for earning good grades, being exposed to fast food by his parents (his dad orders pizza and his mom goes through a drive-thru), and acting up at meal time—and being pacified with French fries by his mother" On average the heart attack age is 66 for women and 70 years old, Jim is 38 years away from 70. 38 years is a very long way from 70, he wasn't even in the range of the heart attack rate. He simply had an heart attack because he was overweight and his obesity started from when he

was a child. If his parents told him to stop playing video   games and go outside and play he

may have been a healthy child and a healthy man. He was feed unhealthy fast food regularly by

his parents and because he was only a child he didn't know any better. He didn't understand that

he was being feed unhealthy and that, that would have a big impact on his future health.

Live science is a website that writes about different things that is going on in the world

and one big thing is childhood obesity and are parents to blame. This is a paragraph pulled from

one of the stories that they covered. "Children tend to eat what their parents eat, finds a new

study that suggests a parental contribution to the growing obesity problem among young children

and teenagers. Researchers found adolescents are more likely to eat at least five servings of fruits

and vegetables a day if their parents do. Contrarily, teens whose parents eat fast food or drink

soda are more likely to do the same." Children love to say that they want to be just like their

parent. They look up to them and want to do everything that their parents do. When kids see that

their parents are drinking and eating unhealthy food they want to do the exact same. They end up

growing on the fact that unhealthy food is good for them because they witness a person who they

look up to eating unhealthy and sugary foods.

A writer who is passionate about different reasons why children are obese talked about

one major thing that falls into the category as to why parents are responsible for the obesity of

their child. "At home screen time, such as watching television, gaming, texting, and playing on

the computer are activities that require very little energy. They take up a lot of time and replace

physical activity. And, when children watch TV, they often crave the unhealthy high-calorie

snacks they see on commercials." Children enjoy watching TV and they are going to continue to

watch as much T.V. as possible if allowed. Children will look at anything on T.V. and if they see celebrities and different people that they look up to eating unhealthy on T.V. they will try and do the same. Younger kids especially are like sponges whatever they see they will soak up. If children are only given a certain amount of T.V. time and outside time they could have a better and healthier lifestyle.

Parents are a very big influence when it comes to childhood obesity. Children especially young ones aren't able to always process that they are unhealthy. It's a known fact that if people try and lose weight and become healthy at a young age kids are able to do it at an easier rate than if they were older. Parents don't need to put their kids on a diet or make them run laps but if they take the time out of their day to give their children the proper food they could have a healthy obese free life.

Work cited

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