Child Obesity

Janicke, D. M. (2013). Treatment of pediatric obesity using a parent-only approach: A case

example. Health Psychology, 32(3), 345-350. doi:10.1037/a0030415

This article includes a story on an obese 12 year old girl and her mother that participated in a pediatric obesity intervention. The goal of the intervention was to help the child lose weight with the support of her mother. Her mother would attend group meetings and apply what she would learn at home. The healthy food changes as well as increase in activity level helped her daughter begin to lose weight. Although the process took a while to adjust to the mother and daughter both felt that it was a positive help to their family.

The intervention that the mother and daughter attended was conducted by a health psychologist who was doing research on how well this method would work. With the knowledge of David M Janicke, Health Psychologist, the reader can believe that the article is reliable.

Based on his approach to improving child obesity it changed my ideas of how this issue can be resolved.

Lang, R. K. (2012 November-December). “Parents of obese children and charges of child abuse”

Pediatric ethics, issues, & commentary, 38(6), 337-340.

In the article “Parents of Obese Children and Charges of Child Abuse”, the issue of child obesity is widely focused on. Child obesity has become such a large epidemic in today’s society that the government is willing to go to the extent of prosecuting children from their families into

foster care. However, other individuals strongly disagree with this action and are against it. Many ideas are provided for alternative ways to decrease the rate of child obesity. The author feels that society tends to blame this issue only on the parents and fail to realize that society themselves plays a large role in the obesity rate as well.

The article is aimed at informing the reader the importance of child obesity. It gives two sides of an argument by explaining reasons for and against removing obese children from their home and into foster care. This allows the reader to realize that the author is unbiased and makes this a reliable source.

With the two sided argument given in the article, the reader is allowed to decide for which they agree with more. It gives a substantial amount of information to help the reader develop their own idea on the issue. It shaped my view in supporting the argument for which they believe that obese children should not be removed from their home.

MacVean, M. (2012, November 1). Parents in survey take responsibility for childhood obesity.

Los Angeles Times. Retrieved from <http://articles.latimes.com/2012/nov/01/news/la->

heb-parents-in-survey-take-responsibility-for-childhood-obesity-20121031

This newspaper article discusses a survey taken by parents on the cause of child obesity. The survey proved that these parents were to blame for the obesity in children and the unhealthy food environment promoted by social media was as well. With unhealthy food options being the least expensive it is an easy alternative to feed the family as well as giving in to the child’s

request of what they want to eat. Unhealthy food options promoted with advertisements is a detriment for this issue causing the appeal to encourage children on what to eat. Parents feel that healthier foods should be promoted on TV rather than unhealthy food options in order to help this problem.

Throughout this newspaper article the main topic discussed who was to blame for the rise of obesity in children. As it explains the blame to be on the parents as well as the promotion of unhealthy food through social media, it gives the article a two sided argument. This allows the article to be unbiased and makes it reliable.

The statistics and information given influences the reader on who is to blame for this crisis in today’s society.

Mallen, B. (Producer). (2011, October 7). Childhood obesity in America. Video retrieved from

http://www.Youtube.com.

The YouTube video on child obesity gives many tips on ways to help or avoid child obesity. These tips include changes to the child’s diet by adding more nutritious foods, being an example for your child by eating healthy, and increasing physical activity.

This video provides useful information based on research to help the issue of child obesity. It is an unbiased source because it does not side with any particular argument rather just give useful tips on how to get kids to eat healthier and stay active.

For the purpose of this video, the tips given will provide parents with the beneficial knowledge to help their children dealing with obesity problems or prevent this problem from arising.

Puhl, R. M., & Latner, J. D. (2007). Stigma, obesity, and the health of the nation's children.

Psychological Bulletin, 133(4), 557-580. doi:10.1037/0033-2909.133.4.557

This article addresses the issue of child obesity in today’s society. It expresses the approach that must be made when dealing with children and how this issue may have negative outcomes. They analyze a study that was conducted on weight stigma in children and adolescents and how the sources of bias stigma can be individuals in their own lives such as peers, teachers, and parents. Obese children are often stereotyped which is why this study was conducted to develop methods on how to stop individuals from stigmatization. The author believes that if the attitudes of individuals who judge obese children can change then the insecurities of these children will slowly diminish to allow a weight loss process to begin.

The authors outlined areas of research on the weight stigma in children before writing the article and used many sources to provide factual information. Their knowledge on the article allows this article to be reliable.

The purpose of this article was to get the reader to understand their view on why it is important to change how individuals perceive obese children and allow a decline in the rate of childhood obesity.

Storace, S. R. (2013, March 13). Experts weigh in on childhood obesity. Retrieved from

http://abcnews.go.com/blogs/health/2013/03/13/experts-weigh-in-on-childhood-obesity/

As the rates of obesity continually seem to rise, it is becoming a large issue among children and adolescents. Dr. Richard Bessor, ABC News’ chief health and medical editor held a one hour discussion on the matter over twitter. Joining in on the discussion were other health professionals. They discussed the many risk factors of being overweight that may affect a child. Being at risk of several diseases, psychological issues, and bullying. Schools and the government play an important role in this epidemic because they are capable of making healthier changes to help lower the obesity rates.

The professionals that participated in this conversation provide substantial information based on research they had done. Since the discussion does not put the blame of child obesity solemnly on the parent but rather emphasizes the critical role that schools and government play in it, it is unbiased.

This article is imperative because it provides information on the obesity epidemics with actual facts. It is an influential article that gets me to think and agree with their thoughts and ideas.

YWCA El Paso Del Norte Region. (2007-2009.) Child obesity. n.p. Better Life Line.

The brochure gives many tips to help prevent weight issues among children. Statistics, causes, health risks, definitions, and good nutrition tips are provided throughout the pamphlet. As it expresses the rise of the obesity rate in the United States, teaching children healthy eating habits at an early age, involving them in physical activities, and being supportive can all be ways to decrease the number from continually rising.

The goal of this brochure is to give tips to parents on ways to either avoid their child from becoming overweight or assist the child in enhancing their health. Many sources are provided from health/nutrition websites to ensure that the information provided is accurate.

As it voices its’ concern of the epidemic in child obesity, the facts presented are abundantly enough to induce the importance of the issue to parents.