



# The Future of Adolescents

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# The Future Generation of Adolescents

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# Chapter 1: What is Obesity?

Obesity has become the leading cause for many common diseases that have become prevalent in our world today. Approximately one in every three children is overweight or obese. Being overweight or obese has many different risk factors as well as causes (Staff 2013).

The tree of obesity branches out with many different concerns and risk factors. Some causes of obesity include genetics, environment, lack of proper nutrition, lack of exercise, and unhealthy sleeping habits. Obesity can be driven by many different reasons. Some of the complications of Obesity include heart disease or cardiovascular pressure, diabetes, hypertension, joint problems, sleep apnea, some types of cancers, high cholesterol, and asthma (Zamosky 2013).



The primary causes for many of the diseases we see frequently today, stem from obesity. Now obesity is seen commonly in children, than ever before. Obesity has become an important issue, to the extent that it is now known to be a national epidemic. People all over the nation need to know what obesity can cause.



The advice for solving the problem of obesity includes making positive changes in eating habits and lifestyle (Thompson and Shanley 2004).

There are many reasons for childhood obesity including bad dietary and eating Habits, lack of exercise, ongoing use of technology (leads to electromagnetic radiation), genetics, and other environmental causes (A. Tripathy 2013). The results of obesity have many risk factors that are very dangerous. This makes it very important to follow all of the tips that allow you to prevent obesity from happening. Nowadays, it has become very easy and simple to become overweight or obese, but even more difficult to lose the weight and turn into the person with a normal weight.

Exercising and taking time out of a schedule to make healthy decisions may be time consuming, but will bring great results in the end. If you have an inactive lifestyle between exercise and bad eating habits, then you have a high chance of becoming overweight or obese.

We can stop childhood obesity by behavioral and educational coaching about diet, regular exercising, improving body composition, and many other ways (A. Tripathy 2013).

# Chapter 2: Choose My Plate

It can become very difficult to decide what food is right for you, and once you have decided that, you have to make the right choice regarding the proportion size and how much is the proper amount to consume.

The **Choose My Plate diagram** shows exactly how much of each serving (category) you should have for each meal and per day. This allows you to make the perfect decision for how much food you should consume. The guidelines for the Choose My Plate diagram include five different servings or portions. These portions consist of different categories of foods that need to be consumed with care.

**Fruits:**

**Focus on fruits.**

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

**Vegetables:**

**Vary your veggies.**

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

**Physical Activity**

**Find your balance between food & physical activity.**

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



**Milk:**

**Get your calcium-rich foods.**

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

**Grains:**

**Make at least half your grains whole.**

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

**Meats & Beans**

**Go lean on protein.**

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

**Oils:**

**Know your fats.**

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Source: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

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When having fruits, the plate advises to make sure to eat a variety of fruits, but to not drink too many fruit juices due to the addition of sugar. Under the dairy group, there is milk, yogurt, and cheese where a person should have low-fat or fat-free dairy products. You should make sure to have colorful veggies, dry beans, and peas. When eating vegetables, you should fill up most of the plate with a large portion of vegetables. You should have breads, cereal, rice, and pasta more often in meals.

Everyone should make sure to exercise 30 minutes to an hour every day. This is necessary to keep a balance between exercise and eating healthy. When you consume oils, you have to make the sources of fats from fish, nuts, and vegetable oils, while limiting solid fats. When choose proteins, you have to make sure to choose the healthiest ways to consume them. By baking, broiling, or grilling the meats, one can consume more protein and less fat. By adding beans, one can make the meal healthier.



# Chapter 3: Daily Exercise

Exercise has many different levels that can create many different outcomes. Both Colleen Thompson and Ellen Shanley stated that “we now know that regular physical activity can substantially reduce one’s risk of developing heart disease, colon cancer, diabetes, and high blood pressure”.

Many people don’t exercise because of the lack of time, but on the other hand with lack of exercise, one may develop obesity and other medical problems. A tip to create a balance of time with exercise is to include exercise into one’s schedule.



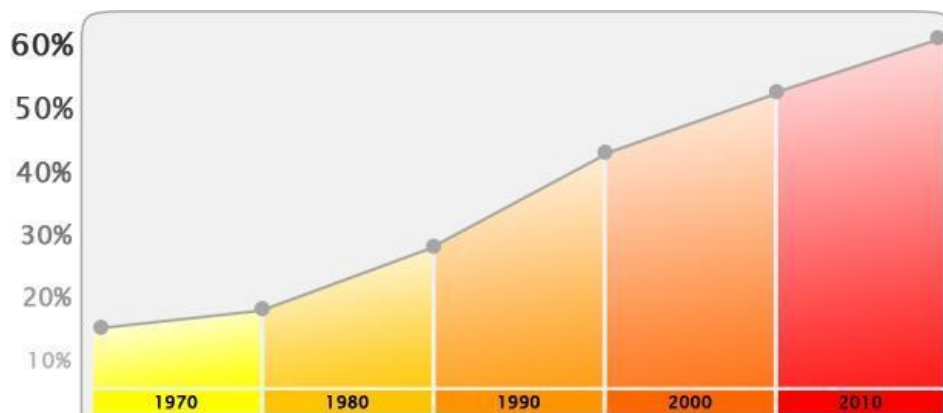
Exercise doesn't only mean running and jogging, or going to the gym. It can be in many different forms. For example, swimming, tennis, or any other sport will allow your muscles to strengthen and also create a healthy lifestyle.

Similar to the Food Pyramid, the Exercise Pyramid also has many different levels that show the right path. This diagram states that you should spend less time sitting down, spend enough time doing strengthening exercises to keep your muscles toned. These facts will allow a person to become active, and it also makes sure that they don't lose the importance of a healthy body.

The nutrition following exercise also plays a very important role. One needs to eat more protein after doing exercise. By making sure that you have exercised enough and that you have had the proper nutrition afterwards, one can make sure that it was a healthy balance.

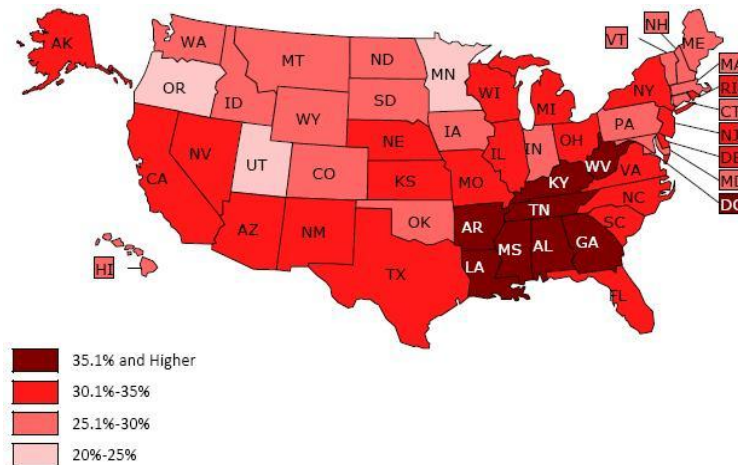
# Chapter 4: Obesity Data and Information

There have been several studies done showing many causes of obesity. The data found from these studies can create awareness in our society about the epidemic of obesity that is taking over our country.



From this data, you can tell that the obesity rate has drastically grown in children. Now, most of the nation is facing this major issue<sup>10</sup>

-Childhood Obesity-



This figure shows statistics of how childhood obesity has become the top health concern facing children and their parents in the United States.

With all of this data, we can become well aware of the latest obesity trends impacting our nation today. Over time, we will have to bring the changes to our society and develop many different plans to educate the population about how to make healthy lifestyle changes.

Right now, Houston is ranked as one of the top ten fattest cities in America (according to a survey by the American Obesity Society). In the past few years, the amount of people who are obese, has doubled. According to data, it is predicted that by the year 2040, the rate of obese or overweight people will increase by seventy-five percent (Vercher 2013).

# Chapter 5: The National Epidemic

In the past few years, obesity has grown to great lengths. Since obesity has become a national epidemic, it is being advertised in many different ways in the United States (Staff 2011).





Once a child takes the right steps towards growing out of obesity, they will have a healthier life. By staying fit when younger, you can have a healthier approach as you become older.

In summary, obesity has reached the level of being a national epidemic. The data that has been accumulated from past experiments prove that by taking the right steps, you can create a healthy lifestyle.

# Chapter 6: Sleeping Patterns

Unhealthy sleep patterns can also be one of the reasons for obesity. Sleep is a very important factor in staying healthy. Nowadays, kids are staying up later than usual because of homework or because they want to play games or interact through their phones, etc. Inadequate sleep can make us tired all the time, making us feel tired and unable to think clearly (Staff 2013). When they feel tired and sleepy, they eat whatever they get easily and quickly, which invariably are fast food items and they lack proper nutrition. This then contributes to further weight gain and obesity.

Every child must sleep for about eight to ten hours. The children who have inadequate sleep also have a much higher risk of becoming overweight or obese.

These children also have higher BMI levels (body mass index) than the children who sleep adequately. The BMI of a person can be found by using the height and the weight to determine the amount of body fat.



# Chapter 7: Healthy Behaviors

There are many healthy behaviors that can be used to guide an individual in proper nutrition and exercise. These behaviors are necessary for optimal health. With all these tips, we can make sure that we create a healthier lifestyle for ourselves (Thompson and Shanley 2004).

The first behavior to start with, is to make sure that you have a healthy breakfast every day. Many people tend to skip breakfast, but it provides almost 30% of our daily caloric intake. Breakfast is the most important meal of the day, since it is the energy that allows us to think or work in school and at the workplace.

Another healthy behavior is to make sure that you have a nutritious lunch as well. Lunch is the second meal of the day that gives us nutrition. We also have to make sure that we have healthy foods

during the day other than the three main meals. The three main meals are not enough to keep us fueled with energy throughout the day, so it is important that everyone has small snacks throughout the day.

Healthy snacks include foods such as fruits, vegetables, nuts, and other foods that contain many vitamins and minerals. Consuming enough of these foods can prove to be extremely beneficial. Milk is a very important source of protein, but there are only certain types of milk that don't have as much fat as others. The recommendations include drinking non-fat or skim milk, or drinking low-fat milk, or in other words 1% milk.

Limiting the intake of sweetened beverages is the first step to prevention. By taking this step, we can make sure we avoid energy/calorie dense foods in comparison to taking more nutrient dense foods.

Right now, fast-food restaurants pose a big threat to many people. Usually these foods are made quickly, meaning that they might be oily, or even frozen. These types of foods are the cheapest as well as the easiest to make. Many people have very busy schedules that don't allow them to be able to make fresh foods or cook healthy meals. Fast-food restaurants help many people out in the short term, but in the long term, they can cause many health problems.

Everyone has to make sure that they do at least an hour of exercise daily. One has to exercise since this helps our muscles and allows them to expand. Exercise is very important and it is a necessary healthy behavior to pursue.

There are certain behaviors that need to be limited such as playing frequent video games or using the cell phones often. Parents play a major role in showing their children the right path, by being a good role model in making healthy decisions. This will allow children to take the right steps with important choices related to their health.

Overall, these behaviors are very important to follow. With these

choices, one can create a healthier lifestyle and maintain good health in future.

# Chapter 8: Dietary Guidelines

Colleen Thompson and Ellen Shanley also showed that there are some guidelines about diet that are important for explaining the effects of obesity. The diagram that shows the necessary ABC's for health is called the Dietary Guidelines 2000. The mission of this diagram is to be able to help people achieve the healthy lifestyles that they are looking for.

The three topics that follow the diagram include aiming for fitness, building a healthy base, and choosing sensibly. All of these topics are related to proper nutrition and daily exercise. By accomplishing the recommendations on the diagram, we all can create a healthy balance between nutrition and exercise.

The first section of this diagram explains the importance of keeping a

goal in mind, and aiming for it. By aiming for the healthy weight, we can make sure that we eliminate many diseases. If a person exercises daily, it may help them achieve fitness.

By building a healthy base, you take the first step in addressing the need to lose weight and get fit. By eating a variety of healthy foods, one can make healthy progress.

We can all choose the right foods sensibly, but it takes some time and effort. The first step of choosing sensibly is to make sure that one chooses a good diet for themselves. After that you have to make sure that you choose and prepare the foods that contain less salt. With these choices, everyone can make sure that they eat healthy, nutritious foods.

# Chapter 9: Body Mass Index (BMI)

The body mass index uses the height and the weight to find the measure of body fat. BMI plays a major role in determining obesity. There are four different levels of body fat including underweight, healthy weight, overweight, or obese. When determining the category of a person, you have to first figure out the BMI, and then use the information that explains which category a certain person falls under (Zamosky 2013).

|                |                               |
|----------------|-------------------------------|
| Underweight    | =BMI(Body Mass Index)<18      |
| Healthy weight | =BMI(Body Mass Index) 19-24.9 |
| Overweight     | =BMI(Body Mass Index)25-29.9  |
| Obese          | =BMI(Body Mass Index)>30      |

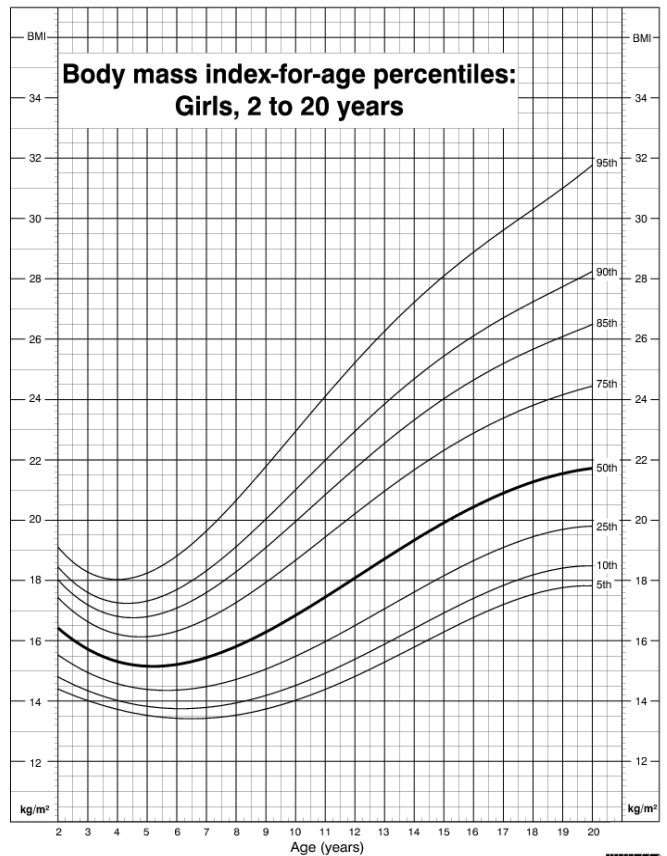
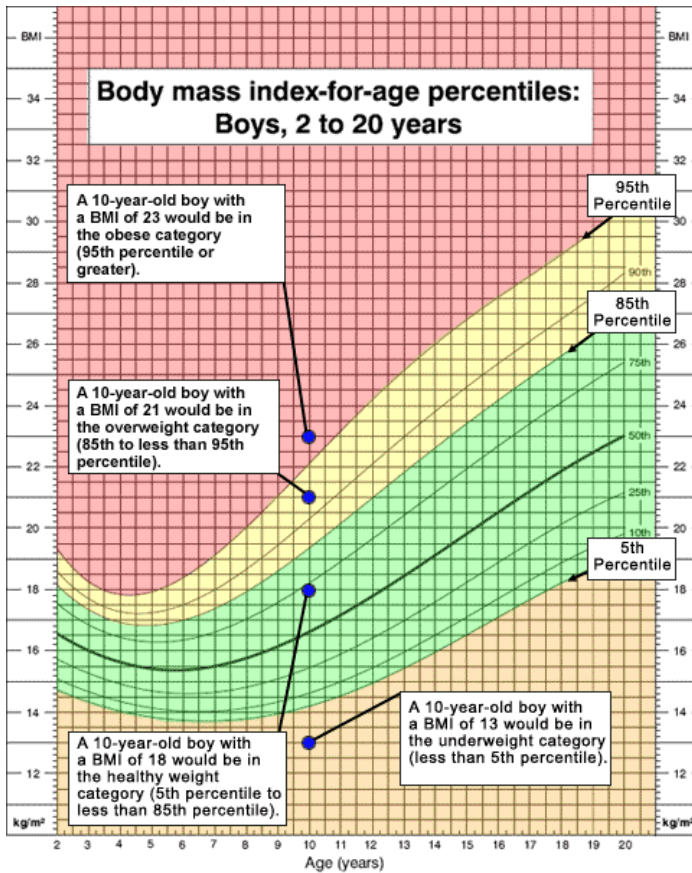
-Childhood Obesity-

By using a BMI calculator, you can determine the figure out what category you fall under. Usually there are BMI charts that have certain percentiles to determine what BMI and group you fall under. These categories include underweight, healthy weight, slightly overweight, and overweight.

|                     |  |
|---------------------|--|
| Underweight         | =BMI<5 <sup>th</sup> percentile                                  |
| Healthy weight      | =BMI between the 5 <sup>th</sup> and 85 <sup>th</sup> percentile |
| Slightly overweight | =BMI>85 <sup>th</sup> percentile                                 |
| Overweight          | =BMI>95 <sup>th</sup> percentile                                 |

By finding out your BMI, you can aim for the goal of a healthy weight that you have set, and also make sure that you create an advantageous balance between necessary nutrition and exercise.

CDC Growth Charts: United States



Published May 30, 2000.  
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



# Chapter 10:

## Food Labels

The food labels contain a lot of information regarding nutritional content of each item. By understanding food labels, we can identify how healthy the food item is. Food labels can also allow us to cut down on unnecessary foods that might be causing many problems.

The information on the food label is important to understand. This information includes the serving size, the amount of calories, the important nutrients present, the percentage of daily value, vitamins and minerals, the nutrient content claims, and the ingredients.

By understanding the serving size, we can figure out how much of the food item we should intake. By consuming too much of a single item, we are putting our body in the risk of many problems relating to obesity. The serving size plays a very important role in the end because it allows us to determine what foods we should have and the amount



of that item. For children, calories are very important. Approximately twenty~five to thirty~three percent of calories should be consumed from every meal. By looking at the amount of calories in a food label, one can see if the food is beneficial enough in the perspective of calories.

The nutrients that are present in an item is probably one of the most important parts of the food label, since it identifies approximately how many vitamins and minerals are in it. As well as showing how many nutrients are present in the item, you can also see which vitamins and minerals are present. The percentage of daily value shows a percentage of each item that may be beneficial or not. This part describes each item as a whole in the entire food object. By reading this part of the food label, one can make sure that they don't consume the wrong item for their bodies.

**Sample Label for  
Macaroni and Cheese**

**Start Here** →

**Limit these Nutrients** →

**Get Enough of these Nutrients** →

**Footnote**

| <b>Nutrition Facts</b>    |                       |
|---------------------------|-----------------------|
| Serving Size 1 cup (228g) |                       |
| Servings Per Container 2  |                       |
| Amount Per Serving        |                       |
| Calories 250              | Calories from Fat 110 |
| % Daily Value*            |                       |
| Total Fat 12g             | 18%                   |
| Saturated Fat 3g          | 15%                   |
| Trans Fat 1.5g            |                       |
| Cholesterol 30mg          | 10%                   |
| Sodium 470mg              | 20%                   |
| Total Carbohydrate 31g    | 10%                   |
| Dietary Fiber 0g          | 0%                    |
| Sugars 5g                 |                       |
| Protein 5g                |                       |
| Vitamin A                 | 4%                    |
| Vitamin C                 | 2%                    |
| Calcium                   | 20%                   |
| Iron                      | 4%                    |

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

**Quick Guide to % DV**

**5% or less is low**

**20% or more is high**

# Chapter 11: Risk Factors

Not all children that have a family history of childhood obesity will become obese when they grow up. It is actually very rare that genetics will play a role with obesity. Many people feel that they might be overweight because their relatives are, but only a few people are overweight because of genetics. However, children can be at a risk of obesity due to unhealthy behaviors that are shared throughout the entire family such as unhealthy eating and the lack of exercise (Mehta 2013).

There is not always one cause that can lead to obesity, because sometimes obesity can happen due to combinations of bad habits. Many people snack while playing video games and doing other sedentary activities which can cause a lot of problems. By decreasing all of these factors, we can stop childhood obesity (U. Tripathy 2013).

Recent studies have found out that obesity can also be linked to

harmful chemicals that are being sprayed on vegetables and fruits. These chemicals are very dangerous for the body. As well as eating organic foods, you can prevent obesity by avoiding drinking from plastic bottles. The plastic creates chemicals when left in the heat that can also be harmful. When consuming these chemicals, one has a higher chance of becoming obese or overweight. By making sure that you don't have plasticizers or many food additives, one has a lower chance of becoming overweight or obese (A. Tripathy 2013).

# Chapter 12:

## Necessary Nutrients

For becoming fit, everyone has to make sure that they take the certain nutrients that are important for their bodies. There are vitamins and minerals that are very nutritious. These include calcium, Vitamin C, Vitamin D, and many others (Thompson and Shanley 2004).

The best source of calcium comes from dairy products. These include milk, yogurt, and cheese. With consuming these products you can gain a lot of protein and strength to grow. Spinach also contains a high source of natural calcium which is why spinach is seen as a very healthy vegetable. With any green vegetables there are high levels of calcium.

Fruits also have many nutrients present. Fruits contain high levels of Vitamin C, which is an important vitamin. On the food pyramid, it says that the recommended amount of fruits that should be consumed per day is two to four servings. This will provide enough nutrients for

the whole day. This also explains how important it is to have fruits and vegetables daily.

By having enough fruits and vegetables, you can gain from its nutrients. Also, you can become fit and lose weight because of less sugar than simple sugars in sweets and sugary drinks. Vitamins are very important for stopping childhood obesity and with the right changes made; we can create a healthy world.

# Chapter 13: Organizations Helping with Obesity

There are many organizations that help others with determining the issues of obesity including the Centers for Disease Control and Prevention (CDC), the Robert Wood Johnson Foundation (RWJF), the American Medical Association (AMA), American Association of Physicians of Indian Origin (AAPI), and the 5-2-1-0 program. These organizations inform people about different causes and effects of obesity, by trying to educate and create public awareness (RWJF Staff 2012).

The CDC helps people by giving them an overview of each disease and the various problems related to or associated with them. By allowing people to understand what can happen from all these diseases, you can eliminate or improve many problems. This organization shows many prevention tips to make sure that everybody is able to take the correct steps to prevent obesity (CDC Staff 2013).

The Robert Wood Johnson foundation's mission is to be able to help many Americans from developing diseases, and to create healthy lifestyles for them. This foundation is very important since it also shows the importance of each disease and their harmful consequences if not prevented.

The AMA board recently declared that obesity should be treated as a disease. The mission of this association is to make sure that doctors treat obesity as a disease and take more steps towards prevention.

Schools as well as parents can help create healthy nutrition education and encourage regular exercise for children, so that every child has the perfect balance of a healthy lifestyle. Schools can help children in making healthy choices in nutrition by providing balanced meals in the school cafeteria. Schools and parents can also educate kids about the importance of healthy behaviors, adequate sleep, positive thinking and maintaining healthy, respectful relationships.

# Chapter 14: The “S.P.I.N.” Program

In the year of 2008, the Harlem Globetrotters, who are known for their basketball techniques and on-court entertainment, launched the S.P.I.N. Program which stands for Some Playtime Is Necessary. This program was made to make sure that kids spend time trying to get fit, and have fun while accomplishing their goals (Harlem Globetrotters 2013).





American children are more likely to play with a video game controller than bounce a ball. That is why we are seeing obesity as a growing problem. Everybody needs to focus on getting the kids outside and playing. The S.P.I.N has tried to achieve this goal by motivating the kids to play outside by using all the active role models that they can get. The globetrotters are making a name for themselves as exercise evangelists for children. They work with children in school to show them that fitness can be fun and rewarding. Wherever their shows take them, they visit schools and promote activities that get the kids moving. As these players are well known and kids look up to them it is very encouraging for them to interact with these well known role models and the lessons learnt at this time are always very memorable for these children.

These Harlem Globetrotters will be coaching a Summer Skills Clinic to boys and girls, ages six to twelve. This basketball clinic by the stars themselves is supposed to be fun-filled. These clinics will be held in the summer of 2013 and they are supposed to be a great experience where kids will learn how to score, how to dunk, how to defend, and how to become fit.

# Chapter 15:

## The AAPI Campaign

One of the well known organizations has also started to promote the awareness of obesity in many cities. The AAPI (American Association of Physicians of Indian Origin) organization decided to launch a childhood obesity campaign that will educate children to make better decisions regarding their health in order to prevent chronic diseases in the future. AAPI has organized many seminars in various cities throughout North America.

The AAPI obesity awareness campaign organized CME seminars plus music concerts that promoted childhood obesity as well as giving out promotional materials. Dr. Uma Koduri, AAPI's Childhood Obesity Awareness Campaign Committee Chair and AAPI President Dr. Jayesh Shah are in the forefront of this program, of national importance. The campaign committee distributed pedometers and bookmarks talking about the 5-2-1-0 program by AMA.

The 5-2-1-0 program initiates change in lifestyles to add a healthier approach. You are supposed to consume 5 fruits and vegetables every day. Also one should watch 2 hours or less of recreational screen time. One should do one hour or more of physical activity daily and zero sugary drinks; instead consuming more water and low fat milk. This program aims to reduce the childhood obesity rates dramatically.



# Chapter 16:

## The Future of Adolescents

By making the right decisions for a healthy life, everyone can make the correct choices for their future. Building up the healthy balance between healthy nutrition and scheduled exercise, everyone can make sure that they have a healthy lifestyle. By following a proper diet, one can receive all of the benefits that it has to offer.

With the growth of fast food restaurants, more children will become obese. The way that we can stop childhood obesity is by following healthy behaviors to create the right balance. The percentage of adolescents that have become obese or overweight in the past few years has increased by a tremendous amount, but by making the correct choices in our lifestyle, we can eliminate these risk factors and effects.

We can make many changes in schools and in our communities by creating camps and many events that can benefit the future

generations. By creating these events, more kids will want to be exercising and doing activities that would need them to get up and exercise. Overall, by making the right decisions everyone can make sure that they create a healthy balance between proper nutrition, exercise, and adequate sleep (Saikia 2013).

## The Doctor's Perspective

Right now, there are many resources available to address obesity, but it is extremely difficult to treat. Obesity has many effects that can multiply very easily. Doctors have to spend a lot of their time trying to



analyze the problems that might be going on with the patient, and also have to spend a lot of time in coaching patients for the better.

In 2010, there were more than 78 million U.S. adults and about 12.5 million adolescents that were obese. U.S. has the highest rate of childhood obesity out of all thirty nations (Zamosky 2013). Due to the growth of fast food restaurants, lack of adequate physical activity, spending more time in front of recreational screens, the number of obesity patients is predicted to increase for each doctor. This means spending more time with each patient to find out the cause and symptoms related to this obesity epidemic.

The doctor's goal is to make sure that they address the issues with all of their patients, to the best of their abilities. Many doctors try to provide healthy behavior counseling for all of their patients so that they can make healthier lifestyle choices.

Over the next few years, healthcare costs could increase by more than ten percent in thirty-four states and by more than twenty percent in nine states, if this is not addressed seriously at this time. With a lot of emphasis and education, coaching and persuasion, adolescents will want to make a change in their dietary and lifestyle habits, to embrace a promising and healthier future.

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## Resources for Pictures

<http://www.nlm.nih.gov/medlineplus/magazine/issues/sprsum10/images/spin-logo.jpg>

<http://www.happyvegetable.com/nutrient-check/vegan-food-pyramid/>

[http://commons.wikimedia.org/wiki/File:USDA\\_Food\\_Pyramid.gif](http://commons.wikimedia.org/wiki/File:USDA_Food_Pyramid.gif)

<http://gxprogram.com/counselors> <http://www.ncsl.org/issues-research/health/childhood-obesity-trends-state-rates.aspx> <http://img.youtube.com/vi/Qtramy0vr8/0.jpg>

[http://iuhealth.org/images/sized/images/ri1-body/pic\\_nutrition\\_label\\_guide-450x0.jpg](http://iuhealth.org/images/sized/images/ri1-body/pic_nutrition_label_guide-450x0.jpg)

<http://office.microsoft.com/en-us/images/>

[http://img.timeinc.net/time/magazine/archive/covers/2008/1101080623\\_400.jpg](http://img.timeinc.net/time/magazine/archive/covers/2008/1101080623_400.jpg)

[http://store03.prostores.com/dcbcollectibles/media/d2/a20792912a2535cb2ae574\\_m.jpg](http://store03.prostores.com/dcbcollectibles/media/d2/a20792912a2535cb2ae574_m.jpg)

[http://smg.photobucket.com/user/shakespeares\\_sister/media/shakes4/newsweekcover.jpg.html](http://smg.photobucket.com/user/shakespeares_sister/media/shakes4/newsweekcover.jpg.html)

[http://abcnewsradioonline.com/storage/news-images/GETTY\\_H\\_070212\\_WeightScale.jpg?\\_SQUARESPACE\\_CACHEVERSION=1341240540733](http://abcnewsradioonline.com/storage/news-images/GETTY_H_070212_WeightScale.jpg?_SQUARESPACE_CACHEVERSION=1341240540733)

<http://ih.constantcontact.com/fs185/1110534899075/img/18>

<http://www.multicare.org/marybridge/52105.jpg>



Childhood obesity is driven by lack of healthy nutrition, inadequate exercise, stress, non-restorative sleep and behavioral issues, in genetically predisposed individuals. Over the past few years, the obesity rate has grown incredibly. The percentage of overweight individuals has increased significantly, such that obesity has become a national epidemic, causing concern regarding childhood obesity.