

## Essay Outline Grid

<p><b>Essay Title: Childhood obesity is increasing worldwide. Explain the source (cause) of the problem, the problem itself and two possible solutions.</b></p>	
<b>Introduction</b>	<p><i>Paragraph 1</i></p>
	<p>Childhood Obesity--- global problem</p> <p>Excess weight to point of health risks BMI of 30 or higher</p> <p>2005, at least 300 million obese children 5-15 yrs. Old (Who, 2007)</p> <p>Problem increasing Affecting all income levels 2015 estimate: 400 million obese children</p> <p>Will examine: Cause of problem, health risks &amp; 2 major solutions</p>
<b>Main Body</b>	<p><i>Paragraph 2</i></p>
	<p>Cause or source of the problem (Childhood Obesity)</p>
	<p>Sometimes genetic/family history of obesity</p> <p>More often...</p> <ol style="list-style-type: none"> <li>1. Inactivity <ul style="list-style-type: none"> <li>• TV in satellite, more viewing options &amp; hours spent watching ½ children (8-16 yrs.) 5 hours per day (Torgan, n.d.)</li> <li>• Less sports &amp; time for physical activity in school</li> </ul> </li> <li>2. Diet <ul style="list-style-type: none"> <li>• Fast food/junk food</li> <li>• Less healthy foods offered to children</li> </ul> </li> </ol>
	<p><i>Paragraph 3</i></p>
<p>Health problems (Childhood Obesity)</p>	
<p>Increased chronic diseases:</p> <ul style="list-style-type: none"> <li>• Heart related—high blood pressure, high cholesterol</li> <li>• Type 2 diabetes, bone problems and liver disease</li> <li>• Breathing difficulty, asthma &amp; sleep apnoea</li> </ul> <p>Poor health = difficulty exercising</p> <p>Emotional health problems: shyness, depression, stress, anger</p> <p>Bullied by other children (Kids Health, n.d.)</p> <p>Possible eating disorders: bulimia, anorexia</p>	

	<b><i>Paragraph 4</i></b>	
		<p>2 Solutions (Childhood Obesity)</p> <ol style="list-style-type: none"> <li>1. Exercise <ul style="list-style-type: none"> <li>• Parents encourage active playtime w/friends</li> <li>• Encourage sports</li> <li>• Limit TV and video games</li> </ul> <p>Schools encourage more sports &amp; physical activities</p> </li> <li>2. Improved Diet <ul style="list-style-type: none"> <li>• Parents show good example</li> <li>• Remove foods high in fat &amp; sugar—fizzy drinks &amp; potato chips</li> <li>• Provide sugar-free juices, healthy snacks &amp; meals</li> </ul> </li> </ol>
<b>Conclusion</b>	<b><i>Paragraph 5</i></b>	
		<p>Described: Global issue – Childhood obesity</p> <p>Problem: Health +social related illnesses</p> <p>Solutions: Exercise (physical activities) Diet (healthy meals and snacks)</p> <p>Opinion: important issue, needs to be addressed</p> <p>Suggestion: Gvnnts. Have public awareness campaigns Parents monitor – child’s health and fitness</p>