
Childhood Obesity: Prevention & Treatment

Childhood Obesity Prevention and Treatment

Obesity is the state in which a person is overweight, it is a serious chronic disease that causes negative effects in most of the body organs. Some of the diseases that can be highly experienced by the people living with obesity include, heart diseases, the type 2 diabetes, and bone and joint diseases. In the United States, the issue of obesity is highly experienced. Some of the reliable information from the US Surgeon General shows that 35% of women and 31 % of men are extremely overweight. For the children, 15 % of them living between the age of 6 years and 19 years are also overweight. It is therefore important to consider the main factors contributing to the situation of obesity in order to prevent and treat the condition successfully.

This research focuses on the evaluation and selection of the most reliable source of information on the topic between two selected sources.(HealthCare)The article talks about the issue of obesity in terms of causes, treatment, obesity prevention, and weight loss. The discussion on the causes of obesity in this article is quite brief stating only three causes which are; Genetics, metabolic and lifestyle. On the treatment section, there are some recommendations made, one should try to lose one to two pounds a week or in other cases lose at the rate of half a pound within a week. The argument here suggests that if the trend goes for a year one will lose about 24 pounds. Prevention is sub-divided into two sections, the prevention in infants and prevention in children and adolescents. In this section, it is suggested that infants that are breastfed more than 6 months have a 20- 40 % less chance of being obese.

The argument made in this article is very strong and very brief to make one understand it very easily but it lacks supporting evidence and there are no resources consulted for this article. (Balkenbush)In this article, there are several areas that are discussed in depth. These areas include weight assessment, contributors to obesity, complications of childhood obesity, preventions and treatment, early prevention among others. From discussions, the information provided in each section have quality and reliable information that is well detailed. Clear guidelines on the process of every discussion topics are indicated highlighting the important information that one should not overlook.

In a section like the contributors of childhood obesity, it is made clear that the contributors include; a combination of genetic predisposition, behavioral pattern and environmental factors. In addition, more details on the behavioral pattern are provided making it very easy to understand the article. Every section in this article contains reliable information with supportive

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sources. This makes the article very reliable in case of consultation. After considering the two articles, it is true to say that they focus on the same subject and title which is childhood obesity prevention and treatment. But they use different means to portray their information making them have a difference. The (HealthCare) article is quite brief and doesn't contain more explained and detailed information. Also the information has no supportive resources.

On the other hand, the (Balkenbush) article is highly detailed and contains factual information with relevant supportive sources. It is easy to read and understand the content due to the easy and well-defined discussions. It is also important to concentrate on the issue of the currency of the information in every article. The more the current materials are the more reliable they end up being in academic use. Some of the information may be updated making one article more detailed and specific than the other, hence, being more helpful. In this case, the (Balkenbush) article is updated making it more reliable. It also contains links that lead to other sources of information in the discussions and the links work well throughout.

The information contained in the articles is highly useful and can make one easily understand the content. It is also important to note that the information is in the standard level and hence any person can use it, therefore, easy to say that I would highly prefer using this article citing it in my research work. The source of every article is also very important to determine its credibility. This makes it important to always consider the author or the publisher of the article. Using materials that are well known of their origins makes every research that they are cited in more credible and reliable. Both articles, in this case, are from credible sources. The publisher's information on the (Balkenbush) is well shown and for this case, I would prefer using this source. Considering the issue of accuracy, the information in this article is well supported by reliable sources. It is also very clear that the purpose of the two articles is outlined and clearly considered. The information is deep on the topic making it very useful for the users to gather knowledge from the articles.

In conclusion, the information in both articles is quite useful for the use in the prevention and treatment of early childhood obesity and even to the young adults. The two articles have a good argument about the topic but to be honest I find (Balkenbush) article to be more convincing. This is because of the more detailed information contained in this article. The article also contains supportive sources that assure that the researcher also consulted other areas to make the work more reliable. This gives me the confidence to say that I would select this article in the citation of my work.

Work Cited:

1. Balkenbush, Karolina. " CHILDHOOD OBESITY PREVENTION AND TREATMENT." CHILDHOOD OBESITY PREVENTION AND TREATMENT August 2018. HealthCare,

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Stanford. "Childhood Obesity Prevention and Treatment." Stanford Health Care (2010).

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