By Jessica Reynolds
Hugo High School
Student Reporter

Obesity has been recorded in historic documents in Egypt, Rome and in England throughout time, but why has it just recently become a problem for many people? Many people even view obesity as a weakness of character or lack of willpower that allows individuals to eat so much they gain tremendous amounts of weight.
Scientists have determined that there are many factors including genetics, the environment and behavior, which contribute to obesity in varying degrees for different people. Yet, obesity doesn't just affect adults, obesity is a disease that affects millions of people including children and teens.
Obesity is a serious medical disease that affects more than a quarter of adults in the United States, and about 14% of children and adolescents; but what effect does it have on their daily lives and emotions? Children and teens, who are teased about their weight, are more likely to have poor body image, symptoms of depression and feel isolated or lonely. They also could have low self esteem and use foods as their comfort, which are usually high in fat, like ice cream or candy. Obese childrens' self isolation leads them to be less active, which becomes a higher risk for major health problems in the future.
Being a teenager is about growing up, finding yourself and learning to be independent before becoming a responsible adult, but problems with obesity can lead to serious health issues in the future and can even prevent someone from having a future at all. Parents and youth need to confront the problem of obesity head on, exercise more, eat healthier and avoid sitting in front of the TV all day. Help fight obesity for the youth of America and you could save a life.