Annotated Bibliography:


   In this journal article, the researchers stressed the increase in obesity and proposed it was likely due to several reasons such as genes, food consumption, exercise, and the environment. It continued to note the danger of childhood obesity for two thirds of children will carry their symptoms into adulthood. The objective of this study was to uncover the severity of the effect of the environment on an obese population, unfortunately the results were not strong enough to convey the hypothesis.


   This journal article emphasized how poor family interventions to stop childhood obesity have been rooted in not reaching or engaging the parents. The objective of this study was to use community-based participation to enable family centered interventions specifically for low income families. The results showed improvements in children suffering from obesity because parents were more engaged and promoted their kids to be active and decrease daily screen time as well as monitor dietary consumption.


   These guidelines went in depth to explain how to identify, evaluate, and treat overweight and obese patients. Specifically, it conveyed the genetic influence in the development of overweight and obesity. In this section, it explained how difficult it is to identify the behavior of genes, but researchers are getting closer and closer to the truth. From what researchers know currently, genes have the capacity to induce obesity or enable the likeliness of one to become obese.


   This research article assessed children’s dietary intakes by developing specific portion sizes. The results of the study showed that children 11 years and over who agreed to
keep a diary of their food intake, positively affected food consumption and intake of energy and important nutrients.