

Hispanic Diet and Child Obesity

Name

Institution

## Hispanic Diet and Child Obesity

### **Introduction**

Children who are obese are more likely to develop serious chronic conditions while children with healthier weights are compared to those who are overweight and obese (Pulgarón, 2013). In this light, owing to their elevated incidence of obese and overweight, children who are Latino have a greater vulnerability to contracting chronic diseases. Childhood obesity is related to the advanced risk of two forms of diabetes, plus elevated blood pressure and components of risk for cardiovascular disease, such as asthma and sleep apnea. This article identifies sources that are important to the Hispanic Diet and Child Obesity research and justifies them.

### **Hispanic Diet and Child Obesity**

Compared to typical weight peers, overweight infants, according to a study conducted by Ogden, Carroll, Kit and Flegal in 2014, are more than twice as likely to become obese adults. In this sense, as they progress with age, Hispanic children are more likely to get diabetes. Non-Hispanic White young males had a 26.7 percent danger of diabetes in their lifetimes in the midst of children sired in 2012. In comparison, the Hispanic boys had a diabetes diagnosis risk of 45.4 percent. Non-Hispanic young white women had 31.2 percent over the same time, while Hispanic girls had a 52.5 percent chance in their lives of being diagnosed with diabetes.

A new survey finds that 22.4% of Hispanic youth between the ages of 2 and 19 was overweight, equal to 16.9% of all youth in the age bracket (Dixon, Peña & Taveras, 2012). In comparison, the study found that the degree of vulnerability to obesity rose by 1.2 percent from 2012 with Hispanics showing a greater risk of being obese than their counterparts of other races between the ages of 2 and 19.

In multiple times, Hispanic cultures neglect enough nutritious foods. Hispanic communities have about a third as many chain stores as non-Hispanic neighborhoods. Advanced obesity trends lead to the facilitated stress-free entrance to the chain store. In comparison, Latino schools provide less meals for food than non-Latino schools (An & Sturm, 2012). For example, at lunch time, 48 percent of white middle schools had a salad bar that matched 37 percent of Hispanic schools. The American way of life among Hispanic young people and adults is related to decreased body function, destitute eating habits, and overweight. A study by Lee (2012) found that acculturation among Hispanic adults increased their intake of fast food, excess fats and excessive sugar-sweetened beverages.

This assimilation of unhealthy foods and drinks was the product of Latino household ads. Marketers used more than \$600 million in Latino advertising ads for food, drinks and restaurants in 2011. (Ebbeling et al, 2012). In 2012, ads of fast food restaurants made up about 30 percent of food posts viewed on Spanish dialect television by the Latino youth. The promotion of sugar drinks targeting Hispanic youngsters has risen gradually. Hispanic young people, for instance, saw 49 percent more commercials in 2012 than they saw in 2011 about sugar drinks.

### **Conclusion**

Because of their comparable obstacles to having nutritious diets and active life, the Hispanic youth are likely to suffer from overweight and obesity than the white youngsters. As a consequence, young Latinos are more likely to be afflicted with significant chronic diseases. Rising access to nutritious meals in these societies and academic institutions and limiting ads of fast foods and sugar drinks are the solution to these problems (Lee, 2012). The approach also applies to tackling neighborhood health protection and advancing the urban environment to include spaces that can be used for physical activities.

**About**

Our aim is to provide the best assessment help

**GET 25% OFF  
ON 1ST ORDER**

**ORDER  
NOW**