

## Annotated Bibliography

"Childhood Obesity: Affecting Choices." *Lancet* 375.9715 (2010): 611. *MEDLINE*. Web. 28 Apr. 2013.

The article "Childhood Obesity: Affecting Choice" is about the realization of the rising of childhood obesity in the United States today. The article focuses on motivating parents and schools to provide children nutritional meals and a more active lifestyle. National surveys have shown that obesity in children has grown compared to the national weight charts of the past. It is extremely important that families today chose healthier food options and use nutritional education to stop childhood obesity.

**Commented [NC1]:** Should be in quotation marks

The article on childhood obesity is effective because it provides statistics and facts of the rising numbers of obesity in children of the United States. The article will help show the reasons why children today are overweight and the effects it will have in the future. It will be reliable because it provides credible sources and examples that prove childhood obesity.

**Commented [NC2]:** This needs to be more directly related to what happened in the article itself, not the issue of obesity.

Green, Gregory Riley, and Brenda Clarence Hargrove. "Physical Activity And Childhood Obesity: Strategies And Solutions For Schools And Parents." *Education* 132.4 (2012): 915-920. *Psychology and Behavioral Sciences Collection*. Web. 28 Apr. 2013.

**Commented [NC3]:** This needs four sentences, not three.

The article "Physical Activity and Childhood Obesity: Strategies and Solutions for Schools and Parents" by Gregory Green explains the reasons why today American children are overweight and the solutions. The article explains that the average American child has a low nutritional diet and a lack of physical activity which are the causes of obesity. The issues obese children faces are depression, low self esteem and difficulty socializing. The effective solutions are physical activity, educating, and providing healthy foods to children every day.

**Commented [NC4]:** Again, this is about the topic, not the article.

The article examines childhood obesity by using verifiable surveys and actual facts from reliable references. This will be beneficial to any research on childhood obesity because of the credible sources stating their solutions to the growing trend of childhood obesity. The article persuades and encourages parents and schools to educate children on healthy eating and daily exercise. This will help children become healthier, which will give them more energy and boost their self esteem.

**Commented [NC5]:** This is about the topic; it's not evaluation of the article.

LeBlanc, Claire M. "The Growing Epidemic Of Child And Youth Obesity--Another Twist?." *Canadian Journal Of Public Health. Revue Canadienne De Santé Publique* 94.5 (2003): 329-331. *MEDLINE*. Web. 28 Apr. 2013.

"The growing epidemic of child and youth obesity - another twist?" by Claire Leblanc is based on childhood obesity studies done in Canada. Childhood obesity has reached epidemic proportions. The article suggests that there are many issues in Canada which cause children to become obese. The most important issues that the article discusses are nutrition, lack of physical activity, hypo activity, and the environment. The article breaks down all these issues concerning childhood obesity and gives examples of the effects they may have on a child's body now and in the future.

The article is effective because it gives the reader an understanding of why and how children have come to suffer from obesity in Canada. I believe the article is reliable due to the detail of the issues and solutions given throughout the article.

**Commented [NC6]:** Evaluation is too short—it should be four sentences.

Phillips, Frankie. "Facing Up To Childhood Obesity." *Practice Nurse* 42.11 (2012): 14-17. *Business Source Complete*. Web. 28 Apr. 2013.

The article "Facing up to Childhood Obesity" by Frankie Phillips focuses on childhood obesity in the United Kingdom. Obesity in children has grown extremely over the past decades. The article explains the effects of a poor diet and lack of physical activity leading to obesity. The article also explores the problems overweight children will face such as social, psychological and health issues.

The article is effective by showing evidence that the United Kingdom is experiencing the growing issue of childhood obesity. The sources to the article are from credible experts such as Institute of Medicine of the National Academics and Physicians Committee for Responsible medicine.

**Commented [NC7]:** Evaluation is too short