

Children's Health Is Degrading In America. What Can We Do?

Description

According to a Children's Health Fund report, over one-third of children between the ages of 17 and 1 have at least [one health condition](#). A whopping 40% confirm that the condition affects their day-to-day activities.

Not all conditions may be life-threatening, but children living with conditions such as autism, asthma, and even anxiety problems can experience unexpected challenges. Additionally, modern US lifestyle choices can present huge risk factors, such as a poor diet or lack of physical activities. What can parents do to improve their children's health and give them the best chances in life?

young teen boy outside,

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Help them feel comfortable with their pediatrician

Children of all ages may feel uncomfortable when they need to visit the doctor. Young children are prone to panic and tears. Older ones tend to clam up for fear of sounding silly. So, it is important to build up their confidence and create a [positive and productive relationship](#) with the doctor. Arranging for regular checkups with a family doctor, for instance, can normalize medical visits. It can also encourage your child to build a trust relationship with their doctor, so they are more likely to talk about their health concerns. Many dangerous conditions can be prevented and avoided if they are caught early!

Prevent vitamin deficiencies

Here are some alarming facts about our diet. Over 9 in 10 Americans have [vitamin deficiency](#), including a lack in potassium, calcium, vitamin E, vitamin A, vitamin C, vitamin D, and magnesium. Vitamin deficiency can lead to mild to severe anemia and disruption of normal body functions. Some individuals can even experience extreme symptoms such as personality changes, mental confusion, and irregular heartbeats. Severe anemia can have dramatic impacts on your health.

Unfortunately, vitamin deficiency is a frequent occurrence because the nutrient intake in fresh produces has dropped over the last century, some cooking processes remove nutrients, processed food is low in vitamins and minerals, etc. Bringing supplements and [multivitamins for teens](#) can make a big difference!

Teach them normal portion sizes

According to researchers at the Human Nutrition Center, 92% of US restaurants serve oversized portions. It is no wonder that obesity is increasing alarmingly in the United States as people become unable to recognize standard portion sizes. As a population, we eat too much. Yet, it's not out of gluttony but a lack of understanding. Therefore, the sooner you educate your kids about portions and macronutrients (protein, carbohydrates, fat), the earlier they can make an informed choice about their

food.

Make sports a family activity

Kids embrace more and more a sedentary lifestyle because they learn by observing their parents. Therefore, making physical activities a part of your family routine starts with us, parents. It could be simple things such as planning a ball game every weekend together or going for a run before breakfast with your teen. There is no need to overdo it. What matters is that you show your child that being active can be fun and beneficial.

Some of the best activities you can try as a family, regardless of your fitness level, include:

- Cycling
- Hiking
- Tennis and basketball games in your backyard
- Zumba classes

Parents have a responsibility to prepare their kids for the future. Showing them the best way to manage their physical and mental health early can prevent many issues that can be aggravated through poor lifestyle choices.

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