

Childhood obesity is a product of environment, not genetics

The following is an excerpt.

New evidence is confirming that the environment kids live in has a greater impact than factors such as [genetics](#), insufficient physical activity or other elements in efforts to control child obesity. Three new studies, published in the April 8 [Pediatrics](#), land on the import of the 'nurture' side of the equation and focus on specific circumstances in children's or teen's lives that potentially contribute to unhealthy bulk.

In three decades child and [adolescent obesity has tripled](#) in the U.S., and estimates from 2010 classify more than a third of children and teens as overweight or obese. [Obesity](#) puts these kids at higher risk for type 2 diabetes, cardiovascular disease, [sleep](#) apnea, and bone or joint problems. The variables responsible are thought to range from too little exercise to too many soft drinks. Now it seems that blaming Pepsi or too little PE might neglect the bigger picture.

View the original article here: [Consumption Junction: Childhood Obesity Determined Largely by Environmental Factors, Not Genes or Sloth](#)