

## Childhood Obesity

Since obesity \_\_\_\_\_ (1) began in the early 1970's, childhood obesity has more than tripled in the USA to a ridiculous rate of over 60%. Obesity is measured \_\_\_\_\_ (2) to a person's Body Mass Index (BMI), taking into account age, height and bone structure. The BMI percentile has been used worldwide to calculate the \_\_\_\_\_ (3) of childhood obesity for youngsters 1-20 as the factor of growth is an essential issue to consider in what is an exhausting process of evaluation.

The reason that childhood obesity is so \_\_\_\_\_ (4) on the agenda's of many government programmes is due to the health costs that can come about in a system that is desperately drained of funds, as a result of it.

For those who are \_\_\_\_\_ (5) as obese as a child are far more at risk of contracting a chronic illness such as asthma, type two diabetes or sleep apnea; meaning that they are more likely to cause expenses to the National Health Service in the future. As stated, in the long term, childhood obesity has repeatedly been proven to \_\_\_\_\_ (6) to becoming morbidly obese in later life and also making people dependent on costly medication to be able to maintain their weight at a stable level.

What is really important is to seek to prevent this condition from developing in the first place. Governments need to \_\_\_\_\_ (7) educational programmes and look to change potentially harmful lifestyles from starting out in the first place, only this way will there be a long-term resolution to this ongoing problem. Prevention is seen as a much more sustainable solution than simply trying to cure the results if what is quite frankly an outrageous \_\_\_\_\_ (8) to have.

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|-----------------|--------------|-----------------|---------------|
| 1. A. results   | B. records   | C. levels       | D. tests      |
| 2. A. referring | B. according | C. relating     | D. objecting  |
| 3. A. levels    | B. rates     | C. amounts      | D. speeds     |
| 4. A. high      | B. important | C. essential    | D. low        |
| 5. A. classed   | B. known     | C. seen         | D. recognised |
| 6. A. guide     | B. take      | C. follow       | D. lead       |
| 7. A. imply     | B. insinuate | C. implement    | D. force      |
| 8. A. situation | B. health    | C. circumstance | D. condition  |

Answers:

1. B
2. B
3. B
4. A
5. A
6. D
7. C
8. D