Unhealthy habits that form during the holiday season may continue through the year and lead to childhood obesity.

Sweets are abundant in the holiday season, and children are encouraged to self-indulge.

What is causing the childhood obesity epidemic?

Sweets are abundant in the holiday season, and children are encouraged to self-indulge. There is a lot of hidden sugar in kids' lunches such as fruit snacks, granola bars, and white bread.

More than half of the commercials on children's TV and online games are by food companies.

Every hour of TV time for a child equates to a greater chance of eating unhealthy food.

Here are a few diseases that could result from childhood obesity:

- Diabetes
- Heart disease
- Cancer
- Asthma
- Bone problems
- Fatty liver disease
- Anxiety
- Depression
- Abnormal menstrual cycle
- Anorexia

Have a happy and healthy holiday season!

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