Those Kids are Fat??

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Parents don't seem to register the fact that their kids are overweight. They say love is blind, but this is getting ridiculous.

In a study reported in the British Medical Journal, some 300 children were selected as overweight. Only one quarter of parents recognized their children were overweight.

Even kids that were frankly obese had parents who thought their kids' weight was about right. Fathers seem more blind than mothers, because while 1/3 of mothers thought their obese kids were "about right", more than half of the fathers said the kids were okay.

Such opinions reflect that society now thinks obese is normal. There may be elements of denial, especially when it's our own kids.

With half the adults in the UK overweight, and 60 percent of the USA population overweight, obesity is epidemic.

Alison N. Jeffrey, the author writing in November 27, 2004 British Medical Journal, noted that boys are more active than girls, and so burn more calories.

She added that parents require "education about what constitutes a healthy weight."