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Fighting Childhood Obesity through Education

Analise Debaie
Worcester Polytechnic Institute

Julian Moore

Victoria Patterson

Alex Velez

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The Problem

Overnutrition in the United States has led to an alarming increase in the rate of childhood obesity.

The Cause

- Physical Inactivity
- Overeating
- Genetics
- Poor nutritional knowledge
- Psychological problems
- Stress
- Lack of sleep

The Solution

**Approach**

Educate new parents on how to prevent obesity in their own children, covering:

- Proper nutrition
- Shop on a budget
- Control how and when your children eat
- Control portion sizes
- Keeping kids active and away from the TV
- Cope with stress
- Get enough sleep

**Means**

An 8-week program run as a class at the Charleston Area Medical Center

**Why Charleston, WV?**

- 22% of pre-schoolchildren are overweight and 10% are obese
- Nearly 8% of children 4 to 5 years of age are overweight
- Elevated blood pressure, dyslipidemia, and a greater chance of type 2 diabetes is more likely due to childhood obesity

Data

Figure 1. Trends in obesity among children and adolescents: United States, 1963–2008

References


