Preventing Childhood Obesity

Obesity costs the national economy nearly $122.9 billion annually.

“Globesity” - WHO estimated that in 2007, 1.6 billion people over age 15 were overweight and at least 400 million were obese.

The percentage of overweight and obese teenagers increased from 5.0% to 17.4% between the mid-1970s and the mid-2000s.

Program:
A two part educational program in the local Worcester schools.

- Ages 10-18
- Sustainable

**Nutrition:**
- Teaching healthy eating habits through fun, interactive games

**Fitness:**
- Teaching proper warm ups
- Promoting/teaching fun ways to exercise

Future Hopes:

**Nutrition:** Our program focuses on teaching children about eating healthy through fun and interactive games. In the end we would hope to set up sustainable programs that the school can run itself.

**Fitness:** Our goal is to implement a better fitness program to teach kids how to stay fit, while having fun. We will implement this fitness program in elementary, middle, and high schools in order to imbue them with the importance of being and staying physically fit.

References