Preventing Childhood Obesity

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Preventing Childhood Obesity

Obesity costs the national economy nearly $122.9 billion annually. Ranked the #1 health risk facing America – 2004, U.S. Centers for Disease Control

“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.

Definition: An excessive accumulation of body fat resulting in a body mass index that is at least 30 percent over an ideal weight.

Causes:
- Behavioral Factors – people consume more calories than they expend in energy (diet high in fat/calories or living a sedentary lifestyle).
- Physiological factors – genetic/hormonal

Can lead to:
- Fatigue
- Joint Problems
- Poor Physical Fitness
- Digestive Disorders
- Dizzy Spells
- Rashes
- Hypertension
- Menstrual Disorders
- Type 2 Diabetes
- Heart Disease
- Unexplained Heart Attack
- Alzheimer’s Disease

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.

Group Members:
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References
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