Fighting Childhood Obesity through Education
Analise DeBaie, Julian Moore, Victoria Patterson, Alex Velez
GPS – Food Sustainability

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 you 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?

Data

References

Why Charleston, WV?

Obese 33.8
Overweight 34.2
Neither 31.9

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

References


Deckelbaum, R. J., & Williams, C. L. (2012). Childhood obesity: the health issue. Obesity research, 9(S4), 239S-243S.


