Local Elementary Schools Note the Increase in Childhood Obesity

COLLEGE STATION, TEXAS – College Station public schools are now trying to stay away from fried foods and serve a fruit and vegetable at each meal. Many public schools have seen an issue with unhealthy meals being served in the cafeteria and have started serving healthier selections. Cafeteria lunches have gone from deep fried chicken nuggets and french fries, to grilled chicken sandwiches and fruit.

A more intensive physical education program is becoming more common in schools. Instead of 30 minutes of P.E. a week, College Station Independent School District is now requiring that children have a physical education class at least every other day along with 30 minutes of recess a day.

Some local schools have also taken out their vending machines to keep children away from unhealthy snacks.

Nearly one-third of school aged children are overweight or at risk of becoming so. The number one cause of this is an unhealthy diet and lack of exercise. There is now more pressure than ever on elementary school cafeterias to serve healthier and more nutritious foods.

Childhood obesity is a serious issue that society is facing. Obesity in children has more -MORE-
than doubled in the past 30 years in children ages 6-12. Doctors are realizing that one of the main reasons that children struggle with weight issues is an unhealthy diet and lack of physical activity.

Obesity, especially in children, can lead to many other serious medical problems such as: diabetes, hypertension, heart disease arthritis, sleeping disorders and many more. Finkelstein says, “The merits of childhood obesity interventions should be based on their ability to efficiently control weight and improve health compared with alternative uses for available resources.”

If these new healthy ideas are not taken seriously, each generation of society will continue to become more overweight and unhealthier than the last. Obesity at its worst, has the potential to lead to many other serious diseases that can eventually lead to death.

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