University to Offer Seminar on the Dangers of Weight Gain

COLLEGE STATION, TEXAS—Texas A&M University Officials announced an education-based seminar about the dangers of weight gain to combat increasing obesity rates in young adults.

The department of Nutrition and Food Science will offer the seminar starting Fall 2009.

Elsa Murano, Texas A&M University President, said that the seminar is overdue and she believes it will be extremely beneficial to students struggling with this issue.

Obesity became a widespread problem in recent years, and educating people early on in life might help prevent it. A 2007 study conducted at Cornell University found that students who participated in a seminar-based weight intervention program were able to better manage their weight through the first year of college.

The intervention was based on education and behavioral programs that would interest students while still aiming at improving their overall lifestyle habits. Its purpose is preventing the usual weight gain in college freshman and potentially educating them in a way that is lasting.

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Murano said that the seminar is a semester-long course and covers subjects such as healthy eating habits, physical activity, and proper weight management.

Throughout the semester the class will hear from several keynote speakers. David Herring, author of “Steps to a Healthier Weight”, presents the food pyramid in a whole new way to the students.

“I think the students will be surprised at how effective changing their diet can actually be,” Herring said. “Mypyramid.gov offers so many interactive ways that really facilitate a new understanding of an old concept.”

With a high percentage of young adults struggling to manage their weight, Murano hopes the course will be an effective tool that they can use now and throughout the rest of life.

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