

CFS 176

Philosophy Statements

Kayla Karas CFS 176

Section 4

Childhood Obesity and the Importance of Physical Education

The percentage of overweight children has more than quadrupled from 4% to 17% since the 1960's. Children's bodies grow immensely physically and mentally between ages 7-11, and adequate nutrition and physical exercise is essential to this. The problem is that families are relying more and more on fast food, children spend too much time indoors instead of being outside playing physical activities, and schools do not allow physical education and physical activities as much as recommended by health officials. As a future educator and future parents I will vote for officials who also believe in the health of America's children and I will provide good nutrition and promote healthy exercise for my own children.

In the United States the most common health problem we are seeing is overweight children. "Overweight" is defined as having a body mass index at or above the 95th percentile for the child's age and sex, and many children are at risk of being overweight (between the 85th and 95th percentile for their age and sex). Being overweight causes serious health issues both physically and mentally. Children who are overweight suffer more physiological stress and problems, and have higher risk for heart, lung, and other problems in the future.

The first thing that can be done to prevent childhood obesity is to have adequate role models. When I am a parent I will demonstrate for my children what it is like to live a healthy lifestyle by eating nutritious foods and getting plenty of physical activity. I will limit television and video game time, making it only a reward for doing well in school or helping around the house, encouraging them to go outside and be active. As an American I will vote for government officials that believe in physical education and recess for all schools, because often times that is the only safe time and place for children of lower economic status to play and get physical exercise.