



November 24, 2010 – Grand Rapids, MI

The Solution

On Monday, I talked about Dr. Etzioni and his comments about dieting. Not really a ray of sunshine, but he did make a comment on the possible solution, citing statistics from the Diabetes Center at Howard University. Obesity in infants is only a 20% predictor of obesity as an adult. Obesity in six-year-olds is a 50% predictor of adult obesity. If a child reaches his or her teen years obese, there's a 90% chance he or she will be an overweight adult. There will be people who lean out after teenage years, and there are lean teens that will end up obese—but a 90% chance? That can't be overlooked.

Dr. Etzioni called for public health initiatives to focus on parents to help them keep their children lean because preventing obesity is a much better solution. I agree, and it begins with mandatory physical education focusing on fitness skills every day and nutrition education. Local school officials in Grand Rapids are questioning state mandates for physical education that come without funding. I wish they all understood that it's worth every penny that we spend today because it will save in future treatment costs.

But if your school district won't step up, then it's up to you as parents to help your children. You can affect the quality of your child's health and future by what you do today. It may not be easy to get your kids on the road to healthy eating and regular activity, but it's one of the most important things you'll ever do. Who knows? You and your kids just might beat the odds Dr. Etzioni cites, and you might get lean yourself.

What are you prepared to do today?™

Dr. Chet

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