

Wellness News to Watch

Georgia PTA Health & Wellness Committee
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Putting a Stop to Childhood Obesity

By Tony Sparber, Tuesday, March 17, 2009

What is the top health concern for American kids in 2009? According to a national poll, parents said it is childhood obesity. This article provides tips on fighting the epidemic. The Obesity Epidemic - Of all the factors endangering children's health, obesity is the one that jumps to the front of the line. It is the one issue that is most out of control. Look around any playground and you'll see that the physical appearance of kids as a group has changed since you were in school. The Centers for Disease Control (CDC) has found that the obesity rate among children ages 6 to 11 has more than doubled in the past 25 years, going from 6.5 percent in 1980 to 17 percent in 2006. Among adolescents ages 12 to 19, that rate has more than tripled, from 5 percent to 17.6 percent. These numbers say nothing about those children who are not yet obese, but are clearly overweight. No other health concern is exploding at such mind-numbing rates.

Why Rising Obesity Rates Are Such a Big Deal – Click on the link below to read more:

<http://womenshealth.dailysite.com/article/Putting-a-Stop-to-Childhood-Obesity/?dis=XD4VWF1DUSC6FLO>

Georgia PTA and University of Georgia Take Strides to Solve Childhood Obesity

(You may have already met UGA graduate student Emily Jones who is working on a research study about parent solutions to childhood obesity. Perhaps you filled out a survey for her. If you have not met her yet at one of your district meetings or council events, be on the lookout and help her gather the information she needs!)

PRESS RELEASE: (Atlanta, GA) February 25, 2009 – Finding solutions to a growing nationwide problem is on the forefront of the Georgia PTA and the University of Georgia's Department of Kinesiology agendas. These two dynamic organizations are teaming up to solicit parents' opinions and insights on solving the problem of childhood obesity. In the state of Georgia alone, obesity among children under the age of 18 has risen to an estimated 28% since 2003. To read the rest of the article, click on the link below:

http://www.georgiapta.org/documents/Health_Press_Release_Childhood_Obesity.pdf

LULA Clubs in high schools – values must teach young women it's ok to eat well

<http://www.ajc.com/print/content/printedition/2009/03/30/zecked0330.html>

Parade Magazine's article 6 Tips to Eating Healthy and Cheap

http://www.parade.com/export/sites/default/food/slideshows/6-ways-to-eat-cheap.html_71192263.html

2009 Healthy Aging Summit – June 2 - 4

Georgia Department of Human Resources Division of Aging Services Presents Creating a Culture of Wellness with Food, Fun & Fitness 12th Annual Healthy Aging Summit- Take charge of your health - Read more by clicking on the link below:

http://www.georgiapta.org/documents/Wellness_News_Healthy_Aging_Summit.pdf