

Childhood obesity

Healthy eating habits promote good emotional

By **TONYA DOMOKOS**
Journal Staff Writer

He sits on the bench. Nervously he pulls on the leather ties of his glove. He has to make this team.

He pictures himself rounding third base, the fans on their feet cheering him around, the catcher lines up for the tag. He slides into home colliding with the catcher. No one moves as they wait for the call.

He's safe! He has made the winning run moving his team into first place.

He smiles; he knows he did his best during tryouts. He just has to make this team.

In the same ballpark on the same bench another little boy sits nervously waiting for his name to be called. He too has dreams of making the winning play. He also knows he gave his all to make this team. His mouth is dry. His heart is pounding; he tugs on his shirt, a nervous habit he has developed since he gained weight last summer.

Both boys look toward the field where their fate is being determined by the panel of coaches.

Both little boys have dreams of being on this team.

One's will come true, one's will not.

The coaches stand up.

The time has come. Names are being called.

He hears his name.

Yes! He made it.

He starts out to the field when he hears the coach say, "Not you, son, the skinny one."

Childhood obesity has risen over 30 percent in the United States alone in the last few years, according to The American Public Health Association.

There has been a growing concern of not only the unhealthy effects of a child being overweight but also the

emotional effects of childhood obesity.

With the number of children suffering from childhood obesity growing each year, the surgeon general has issued a "Call To Action To Prevent and Decrease Overweight and Obesity."

The state of Texas has answered the call and has taken action in our public school systems. "The Texas Public School Nutrition Policy" became effective on Aug. 1, 2004.

The USDA has had a policy in effect for several years but this is the first year the state of Texas has issued its own policy.

"It is a good policy. It is aimed at teaching nutrition," Diane Wilkins, Atlanta ISD foodservice director, said.

There have been many different studies on the cause of childhood obesity but no one cause has been determined. The one resounding result of all the studies is there is a problem and it is harming our children.

The schools have implemented the policy and are doing their part to combat childhood obesity. But the schools are only one part of the solution.

"We cannot control what the parents pack in their child's lunches," Nancy Davidson, Queen City ISD foodservice director, said.

"Teaching good eating habits at home and school will help develop good eating habits."

The policy is stricter at the primary and grade school level to begin teaching good nutritional habits at an early age.

Why is childhood obesity such a growing concern?

* In 1999, 13 percent of children aged 6 to 11 years and 14 percent of adolescents aged 12 to 19 years in the United States were overweight. This prevalence has nearly tripled for adolescents in the past 2 decades.

* Risk factors for heart disease, such as high cholesterol and high blood pressure, occur with increased frequency in overweight children and adolescents compared to children

with a healthy weight.

* Type 2 diabetes, previously considered an adult disease, has increased dramatically in children and adolescents.

Overweight and obesity are closely linked to Type 2 diabetes.

* Overweight adolescents have a 70 percent chance of becoming overweight or obese adults. This increases to 80 percent if one or more parent is overweight or obese.

Overweight or obese adults are at risk for a number of health problems including heart disease, Type 2 diabetes, high blood pressure, and some forms of cancer.

* The most immediate consequence of being overweight as perceived by the children themselves is social discrimination. This is associated with poor self-esteem and depression.

Obesity has negative psychosocial consequences, such as discrimination and relentless teasing from peers, which impacts the self-esteem of children and adolescents.

Hormones and genetics are possible causes of childhood obesity, but studies show that a lack of physical activity and poor eating habits are the major causes of overweight children.

The convenience of fast foods and prepackaged foods which are high in calories and cholesterol has played a major role in the increasing rate of childhood obesity.

Fast food giants such as McDonalds seem to have responded to consumer concerns with the development of their new 'healthy choice' range. At the same time, they have displayed further interest in joining the health industry in tackling America's growing obesity problem by decreasing their television advertising to children by 40 percent.

While Atlanta ISD and Queen City ISD state that less than 15 percent of the student body has a weight and obesity problem, both school districts have seen the emotional effects being overweight are having on the children.

Parents can join the fight against childhood obesity by getting involved in their child's life and helping spare the physical and emotional distress of being overweight.

Make sure everyone makes the team.

Being a kid in today's world is hard enough,
obesity in children is not only unhealthy

it can be very lonely

Help fight obesity in children ... monitor your child's snacks

PSA brought to you by parents for a better future

When Two Become One

What defines marriage in today's world?

By **Tonya Domokos**
Journal Staff Writer

Marriage, it's something most girls dream about from the time they can play dress up.

Dressing up in any white dressy outfit of your moms, carrying a bouquet of weeds, well they looked like flowers..

Wobbling on high heels and wearing tons of lip-stick.

The groom would be the biggest stuffed animal in your room or if you had a younger brother and could catch him, he would do in a pinch.

Then you have tea or go play outside which ever strikes your fancy. A real happily ever after story.

Then you grow up and realize today marriage is not as simple as you imagined.

When did the player change? When did the groom become the bride and the bride become the groom?

When did we allow God' definite plan for marriage to crumble?

Have we fallen so far away from the very foundation of our existence that we even question what defines a marriage?

God tells us in Genesis 2:24

"For this reason a man will leave his father and mother to be united with his wife, and they will become one flesh."

There is no gray area in what God planned for us. I didn't read anywhere in my Bible that said, The man and woman will become one unless.....

There is no unless. God has never been vague about his plans for us.

Too many Christians today are standing in the background on this issue because it's not socially acceptable to defend marriage.

We are being called intolerant to others.

Tolerance is not the issue, the issue is what do you believe, do you believe the Bible, all of it, not just the parts that make you feel good.

But do you believe all God's word? Even the parts that make you squirm in your seat.

There are times when we have to stand up and be God's spokesperson.

This is one of those times. Marriage not only effects the two involved, but it effects the children

they may have and the families involved.

Children create a whole different challenge in the gay-marriage debate.

Will the birds and bees talk we dread became the birds and the birds talk?

I have a great love for all people and my heart breaks for those involved in homosexual relationships.

When (and I pray for when and not if) they come to know Jesus as their Savior, they will be faced with the knowledge of realizing the life they are leading is a lie.

An abomination in God's eyes.

Does this mean God doesn't love them absolutely NOT!

He loves them just as he loves you.

Standing firm on God's word does not mean turning your back on someone.

Hate the sin, not the sinner.

I pray, we christians never forget where we were the day Jesus made

His presence known in our Hearts.

I, for one was among the worst of sinners and it is only by His grace that I am a new creation in

Christ .

"Therefore, if anyone is in Christ, he is a new creation, the old has gone, the new has come!"

2 Corinthians 5:17.

Praise the Lord!

