

Heart Truth Corner: Our Kids Are Too Fat...

Contributed by ncps
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Looming on the horizon are major health challenges that will face today's youth. These health concerns can be directly linked to not eating properly. Poor eating habits are a leading contributor to heart disease and many other illnesses that will disproportionately affect today's teens (13-19), t'weens (9-12), and young adults (20+) in the not-too-distant future.

More and more African-American youth and young adults are overweight because of their lifestyles: frequent fast-food eaters, engage in little or no exercise, and eating an unhealthy diet at least 5 days a week. So what is the remedy?

Young people need to eat less and get involved more in exercise-driven activities on a regular basis. In addition to participating in sports or walking in the local mall or neighborhood, they could be washing the family car; mowing lawns; vacuuming and mopping floors; cleaning sinks, showers and tubs; ironing and other household chores, which are ideal ways for youth to burn calories.

According to Arne Astrup in The Lancet ...other "appropriate action would be to reduce (food) portions to normal sizes, to sell burgers of lean meat, whole-grain bread or buns, fat-reduced mayonnaise, more vegetables, lower-fat fried potatoes, and reduce sugary soft drinks," would benefit as well.

[Note: Hats off to the 2007-08 NCPS Heart Truth Atlanta team: Dr. Brenda Lankford, Dr. Christopher Ervin, Dr. Caroline Norman, Lady DeEtta West, Lady Patrina Newman, Co-pastor Linda Vinson, Lady Penny Reynolds, Mrs. Connie Hightower, Lady Vivian Morgan, and Mrs. Stephanie Supple. These clergy spouses and medical experts will pilot a 1-year Heart Truth project in five Georgia churches, thanks to funding by the National Institutes of Health (NIH)/National Heart, Lung, Blood, Institute (NHLBI). More information will be provided in coming months.]

Read all about it: www.makingadifferencehth.com