



NEW YORK STATE SENATOR

Eric Adams

NY Jets Linebacker Helps Senator Adams Tackle Childhood Obesity

ERIC ADAMS March 30, 2009

NY JETS LINEBACKER CALVIN PACE JOINS SENATOR ERIC ADAMS AND DOCTORS, NURSES, AND FITNESS EXPERTS TO ANNOUNCE THE FORMATION OF A TASK FORCE TO COMBAT CHILDHOOD OBESITY. IMMEDIATE PROJECTS INCLUDE A MARCH 28TH WALKATHON, A MAY 2ND BROOKLYN FOOD CONFERENCE, AND A JUNE 13TH SPORTS EXPO.

NY Jets Linebacker Calvin Pace and New York State Senator Eric Adams announce the formation of a Childhood Obesity Task Force to combat the epidemic of obesity in children. The Task Force will sponsor a Walkathon, a Food Conference, and a Sports Expo as its first projects.

Senator Adams' statement: "Childhood obesity has become an epidemic: it is now the most common chronic childhood illness. Affecting more than 30% of our children, its incidence has more than tripled in the last 30 years. It has negative social as well as physical (health) consequences, and it is imperative that we institute both prevention programs and treatment programs, involving exercise and nutrition, to control the obesity epidemic."

Childhood Obesity Fact Sheet

1. Obesity in children is a critical issue.

- a) There are many health consequences of obesity: diabetes, hypertension, other conditions
- b) There are social consequences of obesity
- c) The consequences continue into and afflict adulthood
- d) Prevention programs/treatment programs are necessary for controlling obesity epidemic

2. Causes of childhood obesity:

- a) There are many contributory factors. Some can be modified.
- b) Modifiable causes of childhood obesity:
 - 1. Lack of physical activity/regular exercise
 - 2. Sedentary behaviors- TV viewing, computer use (these often replace exercise!)
 - 3. Poor eating habits- eating high calorie/non-nutritious foods, eating during sedentary activities, eating as a habit
 - 4. “unhealthy” environments- advertising of “junk” food

3. Treatment procedures for obesity:

- a) Obese children should have an in-depth medical assessment
- b) Obese children should be tested for high blood pressure and excess lipids (fats) in bloodstream
- c) There are currently clinical research trials of childhood obesity treatments

4. Prevention of childhood obesity

- a) Prevention teaching- teach healthy behaviors at a young age (behavioral change becomes more difficult with age), and teach behaviors involving physical activity and nutrition

b) Families and schools are the critical links in providing the foundation for healthy behaviors

c) Parents are the most important role models for children