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TUESDAY, NOVEMBER 17, 2009

AMERICAN HEART ASSOCIATION JOINS EFFORTS TO INTRODUCE HEALTHY CHOICES FOR HEALTHY CHILDREN LEGISLATION

Columbus, Ohio—The American Heart Association is joining efforts to decrease and prevent childhood obesity through legislation that is being introduced today in the Ohio Senate and Ohio House of Representatives. The Healthy Choices for Healthy Children legislation is co-sponsored by Senator Kevin Coughlin (R-Cuyahoga Falls) and Senator Eric Kearney (D-Cincinnati) in the Ohio Senate. Representatives John Patrick Carney (D-Columbus) and Lynn Wachtmann (R-Napoleon) are co-sponsoring the bill in the Ohio House.

As a national health leader, the American Heart Association has been working to eliminate childhood obesity and inspire young people to develop lifelong healthy habits. In May 2005, the American Heart Association and the William J. Clinton Foundation joined to form the Alliance for a Healthier Generation. The goal of the alliance is to stop the nationwide increase in childhood obesity and to take bold, innovative steps to help all children live longer and healthier lives.

Childhood obesity is one of our nation's leading health threats. Today, about 12 million kids are overweight, and 12 million more are at risk of becoming overweight. The obesity epidemic is clearly taking its toll, as more and more kids are developing conditions and diseases typically associated with adults.

"If obesity among kids continues to increase, many believe this current generation of young people will become the first generation in American history to live shorter lives than their parents," said an AHA spokesperson. "The startling fact is that while children are eating more, they are exercising less. This can not only affect their weight but their attitude, academic performance and overall well-being."

The bill contains school-based initiatives that will increase physical activity, raise the bar for physical education and improve the nutritional value of foods offered during the regular and expanded school day.

"Given the links between disease and childhood obesity, as well as the relationship between early-onset obesity and adult obesity, it is particularly important to target obesity prevention efforts in the settings in which the great majority of children spend their days—schools," added the AHA representative. "Our goal is to get kids moving

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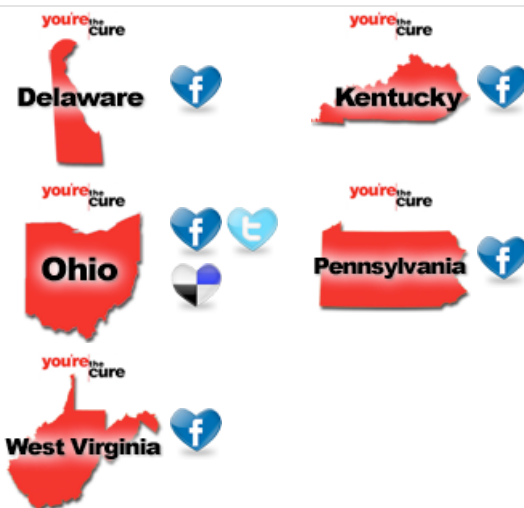
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You're the Cure: Great Rivers Affiliate

You don't have to be a doctor to save lives - just an advocate with the American Heart Association and its division the American Stroke Association. In just a few moments, you can make a huge difference. All you have to do is respond to the issues and action alerts that you feel are important.

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and provide them with the tools and resources they need to embark on a lifelong journey of making healthier choices so they can live healthier lives.”



Posted by You're the Cure GRA at 1:28 PM

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