

Hi All,

Welcome to September! What a GREAT time of year (just remember, any time is a great time of year if you want it to be – so make sure you want it to be)!

This month I wanted to try something different. I am always amazed by what is being presented to us as news and public health information so today I have put the article of the month 1st so that after you read it, you can use your critical thinking skills to determine what is wrong with the article and what is missing. Enjoy the article and Please think about it then read the comments following (I have even given some hints by putting some statements to question in blue).

Rate of severe childhood obesity up sharply in U.S.

Tue Aug 11, 5:00 pm ET

NEW YORK (Reuters Health) – The rate of severe obesity among U.S. children and teenagers more than tripled over the past three decades, a new study finds.

Using data from a long-running government health survey, researchers found that as of 2004, nearly 4 percent of 2- to 19-year-olds in the U.S. were severely obese.

That was up more than three-fold from 1976, and more than 70 percent from 1994, the researchers report in the journal Academic Pediatrics.

"Children are not only becoming obese, but becoming severely obese, which impacts their overall health," lead researcher Dr. Joseph A. Skelton, of Wake Forest University School of Medicine in Winston-Salem, North Carolina, said in a news release from the university.

"These findings," he added, "reinforce the fact that medically-based programs to treat obesity are needed throughout the United States and insurance companies should be encouraged to cover this care."

The study also found that minority and lower-income children are at particular risk of severe obesity -- which, in children and teenagers, is defined as having a body mass index (BMI) in the 99th percentile for one's age and gender.

In the most recent survey, which included 12,000 2- to 19-year-olds from across the U.S., nearly 6 percent of African-American children and teens were severely obese, as



were roughly 5 percent of Mexican- Americans. That compared with 3 percent of their white peers.

In contrast, less than 1 percent of Mexican-American children and less than 2 percent of black children were severely obese in the 1970s survey.

When it came to family income, the latest survey data show that just over 4 percent of relatively lower-income children were severely obese, versus 2.5 percent of those from higher-income families.

The findings underscore a central obstacle in tackling childhood obesity, Skelton and his colleagues note: [The children who are most affected also generally have the greatest difficulty getting good healthcare.](#)

"[No simple answers exist,](#)" the researchers write, pointing out that along with better access to healthcare, there [also need to be broader efforts to improve the diets and lifestyle habits of U.S. children.](#)

SOURCE: Academic Pediatrics, September 2009.

Dr. Stern's Note: Without question, the data is disturbing and shocking but even more disturbing and shocking are the conclusions drawn in this article (highlighted in blue). We see that a rapidly growing number of children are becoming severely obese. The area of greatest growth is low income blacks and Hispanics. Does this suggest we need more "medically based programs" or that the reason for the obesity is lack of good healthcare? And, is there really "No simple answer?"

To me, this suggest that children (and adults) in our society have become more sedentary spending more time on the computer, playing video games and watching TV than getting out and playing. In addition, back in the 1970's when the rates where much lower especially among these "higher risk groups" (as noted in the article), there was a lot more home cooking and stability in home life. Now many people, especially lower income, survive on fast food because it is so cheap, easy and "tasty".

Unfortunately, lack of exercise; high fat, high calorie, un-nutritious food and more stressful home life is the perfect recipe for obesity. So maybe the "Simple Answer" would NOT BE more medical intervention. As a matter of fact, **less medical intervention and more Promotion of Healthy Lifestyles** including good food, exercise, water, restorative rest, proper stress management skills and regular chiropractic care to maintain a healthy body is **"THE SIMPLE ANSWER."**

I encourage all of you to TAKE A STAND

1. In your own home

- Limit your child's screen time & get them outside and more active.
- Provide home cooked nutritious food with a lot of veggies
- Make sure your kids drink water – cut out the pop, juice, energy drinks
- Make sure your children get enough sleep & awaken well rested
- Talk to your kids – help them along their path mentally, emotionally & spiritually

2. At the Schools

- Raise your voices for healthy school lunches
- Get rid of the Junk food rewards used to motivate your children
- Send your children with health snacks
- Encourage your school to have Dr. Stern in to talk about healthy lifestyles and backpack safety to the children **& parents** (I speak at Stevenson twice each year to all the freshman 1. Health & backpack safety and 2. Stress Management)

3. In your community

- If there are snacks at your kids sports make it water & fruit/veggies (Soda, energy drinks & junk food poison your children)
- Support efforts to promote healthy lifestyles
- Support restaurants serving healthy and fresh food
- Fight against the proliferation of junk food & unhealthy habits

Be the change you want to see in this world!

- Mahatma Gandhi

Let Stern Chiropractic get you and your family back to the basics of healthy living so you and your family can enjoy
EXTRAORDINARY LIVES!

I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.