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Among the vast extent of issues in today's society there is childhood obesity, which I think would make a great discussion topic in a Praxis lab. It is a matter that has been able to develop and spread due to the consumerism that is continually practiced in this country, affecting about 12.7 million children and adolescents aged 2 through 19 during 2011 through 2014. However, despite the growth of the issue, I think that with a carefully planned out collaborative effort, significant measures can be taken to decrease its rates in the state of Utah.

Childhood obesity often poses health risks on the individuals. These children are more likely to have high blood pressure, high cholesterol, type two diabetes, breathing difficulties, musculoskeletal discomfort, fatty liver disease, and heartburn. In a Praxis lab, majors from different health or science related fields could come together and research how these conditions may develop and how to best avoid them. They could also potentially set up nutrition and exercise plans for the child and possibly the family as well, as sometimes the influence of the family on the child's habits must be considered.

There are also social and psychological issues that may develop in a child with this condition. These include low self-esteem, a negative body image, emotional issues, and a possibility of discrimination from hostile peers. All of these could follow the children into adulthood. Psychology majors could contribute to a solution by researching how eating habits are affected by the mind of the individual, and how this thought processing could be changed in order to promote healthier habits. They could hold communication groups for children with these issues and they could also collaborate with communications majors and different art majors, such as music, theatre, and film, to develop a public service announcement or ad to spread to the community. This also opens an opportunity for language majors to help spread this information to non-english speakers who have the disease as well.

Besides the effects that the disease has on the children directly, there are also the struggles that are put on the children's families. They would have to adjust their lifestyle in accordance to the child's needs, which could cause tensions and emotional instability. If a child manages to develop a serious disease the cost of treatment for that disease could have a heavy

toll on the finances of the family. A possible solution in the Praxis lab could require business majors to try and find an average cost of treatment for these diseases in order to inform other families. They could alternatively construct a plan to help the families pay off the cost for the treatment more effectively.

With so much on the line for children with this condition, action must be taken to give them a chance at a healthy lifestyle. In order to achieve this goal, collaboration would play a very crucial role. It might seem like a daunting task, but it will definitely be worth it as a group to attempt to make a difference for the futures of these children.