

Overview: Tackling Obesity in Today's Youth

(Health Services Unit)

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Rationale

According to the Journal of American Medical Association (2010), shows approximately 10 percent of infants and toddlers, and approximately 18 percent of adolescents and teenagers have body mass indexes of 95% or higher. Youth obesity has become a health concern.

Objective

The student will:

- Be aware of the seriousness of obesity in society
- Learn to make healthy choices to avoid obesity
- Explore possible careers in the health service industry
- Practice oral and written communication skills in preparation for senior projects and/or problem-based learning

National Healthcare Foundation Standards Addressed

- 1: Academic Foundation
- 2: Communication
- 3: Systems
- 4: Employability Skills
- 6: Ethics
- 8: Teamwork
- 9: Health Maintenance Practice
- 10: Technical Skills
- 11: Information Technology Applications

Process

The student will:

- Brainstorm and explore topic of obesity in their personal lives
- Participate in discussions
- Keep a food/exercise/sleep log/journals
- Practice label reading
- Research to dispel food myths
- Explore careers in healthcare

Activities:

Exercise log: keep a record of movement/activity done over a three day period.

Sleep log: charting your sleeping habits.

Calculating BMI: figure out your numbers and where you stand in terms of health

Label reading: Find labels of products (food and drinks, possibly fast food) that you consume “regularly.” Discuss calorie, sodium, fat, and cholesterol content.

Food log: keep a running list of everything you put in your mouth for 72 hours. Analyze.

Food myths: Find three “beliefs” you had about food and see if they are true.

Meal planning: Healthy eating daily

Health-related DVD: Supersize Me

Diseases related to obesity: learn how obesity affects the body

Career explorations: Describe a career related to a person dealing with obesity, such as a dietician or a fitness/lifestyles trainer.

End of the Unit Project: A culmination of the activities done during the unit (eating, sleeping, and exercising), with a written reflection and/or short oral presentation.

Journal topics (focused free writes to start thinking):

- Tell us your fat story (you, a relative, or a friend who struggles with eating)
- Describe your eating, sleeping, and exercise habits.
- Could you exist in a world without fast food or soda? Why or why not?
- How healthy are you?
- Talk about your family health history (do you know it?).
- If you could improve something about your health, what would it be?

Lectures/Study:

- Appears in rationale portion of lesson plans
 - Weight control information network (helpful resources here):
http://win.niddk.nih.gov/publications/take_charge.htm
- Generational studies: in Alaska, Hawaii, and Los Angeles
 - (G. Ferguson, Alaska webcast)
http://collab.nlm.nih.gov/webcastsandvideos/drew/Traditional_Foods_Health.pdf

- (Noa Aluli, Hawaii webcast)
<http://collab.nlm.nih.gov/webcastsandvideos/drew/noaemmettaluhi.pdf>

Extending the lesson (in preparation for senior project/PBL):

Website

Brochure

Essay topics/points of research

Assessment

- Daily activities (journals, discussions, reading exercises)
- Essays/Reflections
- Projects (power point presentation)

Duration

- 2 weeks

Bibliography:

Cynthia L. Ogden; Margaret D. Carroll; Lester R. Curtin; Molly M. Lamb; Katherine M. Flegal
JAMA. 2010;303(3):242-249 “Prevalence of High Body Mass Index in U.S. Children and Adolescents, 2007-2008,” Retrieved on 6/21/10 from
<http://www.cdc.gov/obesity/data/index.html>

Presentations in Medicine for High School Students:

<http://collab.nlm.nih.gov/webcastsandvideos/drew/presentationsinmedicine.html>