

## “Taking the First Steps”

Clarence T.C. Ching rose from humble beginnings and learned the value of hard work at a young age. With the help of his parents, he built a solid foundation to live a successful life. Clarence Ching aimed to improve Hawaii’s social problems and strengthen communities. A prevalent social problem that affects today’s youth is obesity. Child obesity is a quickly growing problem in Hawaii. Statistics state that children who are overweight in adolescent years will become obese in their adult life. Today’s youth need to learn the importance of exercising and eating healthy.

With the Academy’s new Student Center and “5-2-1-0” program as an example, my solution to solve the childhood obesity issue is to create a health program that would target each community in Hawaii. The main points of this program would be to educate families, encourage exercise, and eat healthy. The campaign slogan to spread the message of the program would be “Taking the First Steps.” The slogan encourages Hawaii’s communities to take the first steps toward a healthy, well rounded lifestyle.

The first goal of this program will be to educate families and children. It will teach families the right types and amounts of nutrition in meals and the appropriate hours of exercise. Healthy recipes and meal ideas would also be given to families. Children spend too much time in front of televisions and computer screens due to today’s technology. Therefore families will also learn what the healthy amount of screen time for their children is. Parents will learn various ways to help their children spend time outside away from technology.

The second goal of “Taking the First Steps” will be encouraging exercising. The program will hold events in communities and schools. These events will consist of fun and effective

activities such as games, fun runs, and swimming. Parents will also learn tips to keep their children active. The activities and tips will encourage families to continue exercising at home.

The third goal of the program is to encourage healthy diets. "Taking the First Steps" will partner with a local restaurant to develop healthy food choices. At program events, the restaurant will give out samples to promote their healthy meals. They will also give a discount to customers who purchase their healthy meals. Besides encouraging healthy diets, "Taking the First Steps" will promote local restaurants and other small businesses.

In conclusion, "Taking the First Steps" program will benefit students, their families, and the rest of the community including small businesses. Everyone is a winner because they are taking the first steps of acquiring healthy lifetime habits to combat obesity. These habits can be passed to future generations. The program is consistent with the mission of Clarence T.C. Ching in solving social problems and strengthening communities.

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### Works Cited

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