

Childhood Obesity

Childhood Obesity is a big problem in Hawaii. More than 40% of children entering kindergarten are overweight or obese. We can solve this problem in Hawaii by creating kid's running clubs.

The name of the organization would be K.I.D.S. Run (Keep in Decent Shape). All the kids participating would meet at a local YMCA after school. The program would last for one hour and the kids would change into a bright yellow shirt, then have a ten-minute stretching routine, then walk to a nearby park in a group. When they get there, they can run for a half-hour around the field. At the park the kids would be running around the fence line to not interfere with the sports going on in the field. Then they would walk back to the YMCA in a group, and have their parents come pick them up or stay for some activities.

Kids running clubs are a good way to keep in good shape. This could help from preventing childhood obesity because this can keep you fit. Kids who are physically fit sleep better and are able to handle physical and emotional challenges. (Kids Health, 2014)

If we solve this problem in 2020, few kids will have weight related health problems, like breathing problems, diabetes, high blood pressure, heart disease, etc. If we don't solve this problem we kids will not be fit and will have a lot of problems with our health.

Obesity is a big problem in Hawaii and one way that we can solve this problem is by having a running club. Kids are having problems with their health because they are too overweight. The Clarence T.C. Ching Foundation can help start kids' running clubs in Hawaii, so kids can have a healthy and active life.