

Clarence T.C. Ching Foundation

“Inspired in Hawaii”

Mr. T.C. Ching, a Hawaiian immigrant, faced many challenges in his life that he overcame. He lived a childhood of hard work, humiliation, and determination, which made him succeed in his later years as a philanthropist and great business man. Mr. Ching believed that love could surpass his family and friends. He believed it could go out to the community and even the world. He was a man who donated to the people that needed love and care the most. He didn't care if the people were ugly, fat, or messed up mentally. He cared for the kind-hearted and genuine people that knew right from wrong, which inspired me to write this essay to help the children of Hawaii who are obese.

Child obesity is a problem in the state of Hawaii. The lives of overweight children are negatively affected by the extra weight they carry whether at school or just living life. For example, school bullies may tease heavier kids. This bullying makes learning challenging for these overweight students so much so that they may want to avoid school altogether. Not only are they likely to learn less if they miss school, they are probably unhappy with their situation in general. I think the problem of child obesity can be helped and even prevented.

One way to reduce obesity is to improve the gym equipment and physical activity in schools. This can enable students to get fit and active during recess and gym class. It can also improve the learning experience by allowing kids to exercise their muscles and minds. Newer equipment will work more efficiently, and kids can't complain that it is old and broken. The new equipment will improve the experience of gym class for students everywhere.

Another way to help child obesity is to change cafeteria menus to be healthier. By giving

students healthier choices of food to eat during lunch, they will have more energy to use throughout the day. The lunch menu won't only be healthier, but hopefully tastier too so students won't be grossed out by the thought of a healthy meal. Healthy, tasty food options will help the students' weight, minds, and taste buds.

My third option to prevent child obesity is to improve the education of students so they know what they should and shouldn't eat. Education will help create better knowledge on a healthy diet to include the serving portions of each food group. It is also important to educate students on the causes of overeating. Education will help students set off to a healthier way of living.

With newer fitness equipment, healthy lunch options, and education, child obesity can be helped and even prevented. Mr. Ching should be an inspiration to us all. He is the perfect example of what one can do to help themselves and others. Working together, we can help fix child obesity and make Hawaii even a better place to live and grow.