RAISING A HEALTHY NEXT GENERATION

Cardiovascular disease, diabetes, cancer, and chronic lung diseases are major non-communicable diseases in the United States and worldwide. These health issues are extremely costly to our society and decrease the life quality of the patients if they are not well controlled. In 2013, the American Medical Association officially recognized obesity as a chronic disease. According to the Centers for Disease Control, one in three Americans are obese. Obesity could increase the risk of obtaining other serious problems such as cardiovascular disease and diabetes. Furthermore, obesity and its associated comorbidities increased rapidly among children. However, these diseases are often preventable and are frequently manageable through early detection, improved diet, exercise, and treatment therapy. To encourage and establish healthy eating habits early in life is one of the effective strategies. Often teachers are a strong figure for nutrition knowledge with students. I am interested in working with elementary to high school teachers to provide nutrition knowledge to the young generation and help them to form healthy habits. In this talk, I present the design of a pilot study that I am cooperating with a Culinary Arts instructor at an education center to provide nutrition knowledge and cooking skills to some high school students and will evaluate the intervention efficiency.