

You Say... They Think (Community Health)

You Say...	They Think...	What's Triggered in Their Minds?	What Helps?
<p>Today, fewer than one in five high school students meet the current recommendation of 60 minutes of daily physical activity. What's more, screen time is replacing physical activity time. A recent study showed that adolescents now spend more than seven hours per day watching television, DVDs, movies, or using a computer or a mobile device like a cell phone or MP3 player.</p>	<p>It's up to the individual. It's not society's or government's job to make sure you eat well or you try to take care of yourself, if you're fat, that's your problem, you need to exercise, you need to take charge. Some people are just not disciplined with themselves or with their families.</p>	<p>Health Individualism</p>	<p>Value of Prevention reminds people of larger consequences; Food and Fitness Environment simplifying model directs attention to policies that support increased physical activity rather than individual choice.</p>
<p>Obesity is the fastest-growing cause of disease and death in America.. Nearly 2 out of every 3 Americans are overweight or obese. Our children are already seeing the consequences of a lack of physical activity and unhealthy eating habits. Fortunately, there is still time to reverse this dangerous trend.</p>	<p>You know, I saw something recently about America's youth being obese and Americans being obese, but who pays attention? Nobody pays attention to it. They just keep right on eating.</p>	<p>Health Individualism</p>	<p>Value of Ingenuity to focus on the ability to solve the problem, rather than making it a crisis; the simplifying model of Public Structures to demonstrate how and where we can apply that ingenuity to make change.</p>
<p>It's not that difficult for people to work in physical activity and good eating into their daily routines. Consider walking or biking to work and school. Pack healthy lunches instead of buying fast food. Turn off the television and get moving! Lots of small changes add up.</p>	<p>It's just the world we live in nowadays. I think maybe [fifty years ago] ... as far as eating healthier and exercising, people weren't out drinking and smoking and drinking shots all night, they were eating well off the farm and going to bed early.</p>	<p>Modernism</p>	<p>Value of Fairness Between Places points out the structural reasons for health differences; Food and Fitness Environment offers a venue for present-day solutions.</p>

