

Cartoon: Jules Tintero

An urgent need to tackle globesity

EDITORIAL

By **JULES TINTERO** and **MATTHEW JAMES**

OBESITY is the state of being grossly fat or overweight. Australia is one of the most obese countries in the world.

We think that people should eat healthy and exercise to help prevent obesity and live a healthy and happy life. If Australians eat healthily and do physical activities, it will decrease the rate of obesity. Australians who are obese can have problems such as sleep apnoea, diabetes and even some types of cancer. Overall, obesity can lead to reduced life expectancy.

Children are getting more obese every generation. We can prevent this by providing kids with healthy foods and getting them to participate in physical activities, like playing a sport or playing outdoors. Obesity has overtaken smoking as the leading cause of premature death and illness in Australia. Forty-five million children under the age of five are overweight worldwide. Unless obese Australians change their life style, obesity will become more common in the future.

We strongly believe that Australians are getting too fat and that they should get fit and eat a lot healthier. Over 14 million adults over the age of 20 are obese. A lot of fast food places have an effect on the general population's health. Unfortunately fast-food is a much cheaper option than healthy eating in today's climate.

An unhealthy diet is a major cause of obesity – especially eating fatty foods or eating too much food. Even if it's good food. Not getting enough exercise can lead to obesity including sitting around a lot, spending hours on a computer or watching TV for more than an hour a day.

Since 1980, the percentage of obese Australians has doubled. People who are obese usually get bullied and called names because of their weight and size. If parents are overweight, their kids can be overweight too. Part of this is due to genes and part is due to the family's pattern of eating and exercise. Being overweight during the first four years of your life, means you are more likely to become obese later on.

Not getting enough sleep can also affect the body's hormones and make a person more likely to become obese. Eat healthier today and put your days of obesity away.

Obesity is now more common than a cold

By **ALEXIS FIELD, BENITA DOHERTY, CAITLYN BROOKER, FELICITY PARKER, KAIDEN CONICELLA** and **MIA FLEMMING**

OBESITY is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health, leading to a reduced life expectancy or increased health problems.

The Australian Institute of Health and Welfare has proposed that excess body weight is a major risk factor for cardiovascular disease.

"My company helps thousands of children and adults with obesity each year," Hunter dietician Linda Watson said.

"Sometimes families don't understand the importance of eating healthy. Some don't get enough exercise and the supermarket prices on healthy eating are rising."

Results from a Australian Institute of Health and Welfare survey show that 25 per cent of children aged two to 17 are overweight or obese. The survey showed that 70 per cent of adults in the Hunter are already overweight and that number is expected to rise in the following years. Obesity increases the likelihood of various diseases such as heart disease, type 2 diabetes obstructive sleep apnoea and osteoarthritis.

In Australia more than 60 per cent of adults and around 25 per cent of



A pie sold in the Thornton Public School canteen has over 14.7 grams of fat and 6.7 grams of saturated fat. *Picture: Benita Doherty*

children are classified as being overweight or obese, according to the Department of Health.

Ms Watson said some of the strategies that she uses to help people include giving them pamphlets to read, and reminding

them to eat healthy and exercise. She also gets them to join a gym, or participate in some type of sport.

If you need help to conquer obesity call a dietician like Linda Watson, 4934 7430.

Chisholm becoming its own community

By **CHARLOTTE HUGHES, EMILIA GIBSON, JACKSON SCUDDS, NOAH GREEN** and **JAYDEN MCMARTIN**

THE suburb of Chisholm, located near Thornton, is growing. Houses, facilities, a school, parks and a shopping centre are now being designed.

Chisholm is a beautiful place, home to the new estate Waterford County and Harvest.

Waterford County – a well-established estate now has competition with the new estate Harvest opening in 2015. Harvest already is

sponsoring local events as well as the Thornton Public School rock ensemble and tuition program.

Kathy Dyson who works at Chisholm Waterford County said that "the best thing about working at Waterford County is meeting the new families that are coming in and just watching how the estate grows." Ms Dyson said as the estate grows, there will be up to 7-kilometres of



Thornton students examine the plans for Chisholm. *Picture: Beth Lawford*

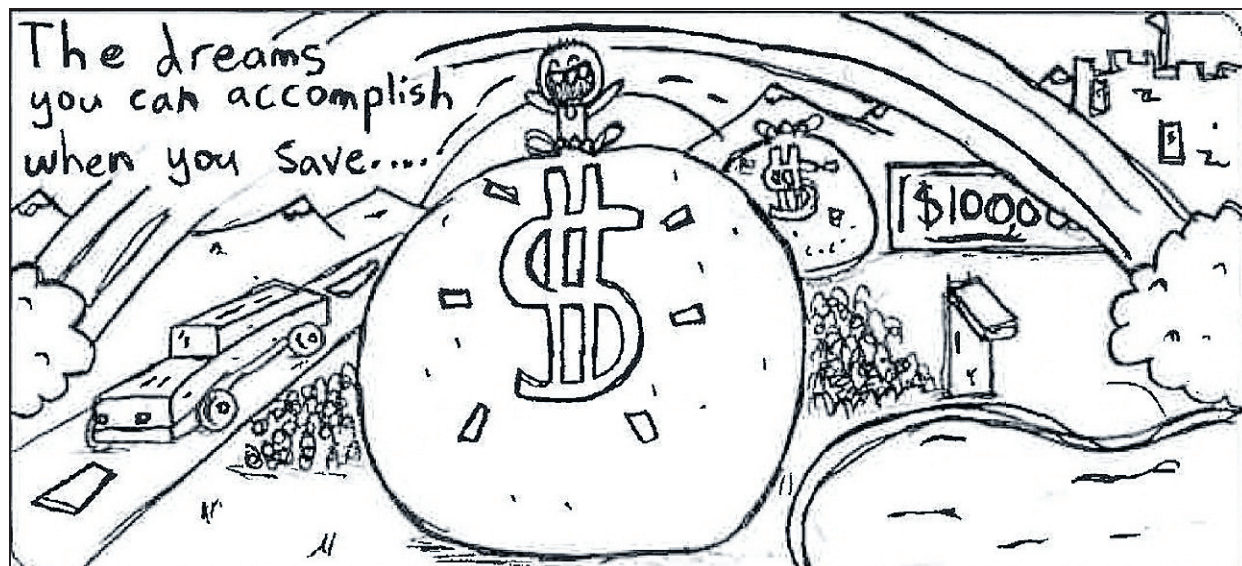
walking and bike tracks. In the recent damaging storms when thousands of houses lost power across

the Hunter, Waterford County did not because of their underground power and fibre optic connectivity.

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