

Das als "**Rezessions-Fettleibigkeit**" beschriebene Phänomen, das zu den bekannten Gewichtsproblemen vieler Kinder in den USA hinzukomme, gebe Grund zur Sorge, schrieb Index-Redaktionsleiter Kenneth Land. In der Krise griffen viele Eltern häufiger zu preiswerten Lebensmitteln und Fast-Food-Nahrung, um Geld zu sparen. Diese fett- und zuckerreiche Ernährung führe vermehrt zu Übergewicht bei Kindern. Nach einer im vergangenen Jahr in der US-Zeitschrift "Journal of the American Medical Association" veröffentlichten Studie sind rund 32 Prozent der Kinder und Teenager in den USA übergewichtig, 16 Prozent fettleibig. (APA/AFP)

http://www.usaweekend.com/09_issues/090308/090308healthsmart-recession-health.html
<http://www.newsweek.com/related.aspx?subject=Obesity>

Beware of "recession obesity"

Don't risk your children's health to save a few bucks.

Obese kids have it tough. They're at risk for health problems -- including diabetes, high blood pressure and high cholesterol -- that were once considered "adult" problems but that today's children are developing at alarming rates. That isn't all: Obese kids' emotional, academic and social well-being is jeopardized by their weight.

Now, some of you may think, "My kids aren't overweight, so this doesn't concern me." Not true. The societal impact goes beyond health. Where will we get tomorrow's police officers, firefighters, EMTs and soldiers when the pool of healthy, normal-weight applicants is shrinking? Childhood obesity has far-reaching ramifications for our nation.



Yes, trim your budget. But don't sacrifice nutrition.

To make matters worse, another wrinkle may get added to our country's weight war if we're not careful. It's been called "recession obesity." When economic times are tough, our stress levels rise. Vacation plans are put on hold, old cars are tuned up rather than traded in, and more evenings are spent at home. For many, harder times can mean eating more fast food. It is inexpensive, tasty and immediately gratifying -- things we all like when we're stressed about other issues. But when fast food becomes a family's habit, parents and children shift to higher-calorie, less nutritious meals, and a battle is lost in the weight war.

We can save money and eat nutritiously. If you want to head out to a casual restaurant but are worried about the check, try sharing entrees to conserve both cash and calories. Or plan a family evening around a meal at home. Take the entire family to the grocery store and pick a few nutritious items to prepare together (focus your shopping around the store's perimeter, where the most healthful foods tend to be found). At fast-food restaurants, stick to the lower-calorie, lower-fat menu items.

Bottom line: It's possible to tighten your family's financial belt without expanding waistlines. Just make it a priority. We'll all be better off.

Tedd Mitchell, M.D., is co-author of "Move Yourself: The Cooper Clinic Medical Director's Guide to All the Healing Benefits of Exercise (Even a Little!)."

- **[News-Ergebnisse für Rezessions-Fettleibigkeit](#)**



[US-Experten warnen vor "Rezessions-Fettleibigkeit"](#) - Vor 2 Tagen

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- **[Newsticker :: Mittelbayerische Zeitung :: www.mittelbayerische.de](#)**

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[www.mittelbayerische.de/index.cfm?pid=1359&pk=409152](#)

Health

The Recession Could Make You Fat

By [Robert Roy Britt](#), Editorial Director

posted: 09 January 2009 02:29 pm ET

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In The Water Cooler, Robert Roy Britt looks at what people are talking about in the world of science and beyond. [\[Water Cooler Archive\]](#)

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1 of 1



In The Water Cooler, Robert Roy Britt looks at what people are talking about in the world of science and beyond. [\[Water Cooler Archive\]](#)

Studies have shown that obesity and income are related. One reason: Poor neighborhoods tend to have more fast food restaurants and fewer grocery stores, so it's harder for residents to eat well.

"In Seattle we have found that there are fivefold differences in obesity rates depending on the zip code — the low-income zip codes have a much higher proportion of obese people," Adam Drewnowski, the director of the Nutrition Sciences Program at the University of Washington, [tells Reuters](#).

Now some experts fear the recession could cause more U.S. residents to gain weight as they cut corners on food purchases. Who can resist a 99-cent burger? Thing is, cheaper foods are often loaded with [saturated fat and sugar](#).

"Things are going to get worse," Drewnowski said. "Obesity is a toxic result of a failing economic environment."

One glaring sign: McDonald's is busy, while the upscale and health-conscious grocer Whole Foods is struggling, Reuters reports.

Being overweight is nowadays passed off by many people as no big deal. But obesity is a prime cause of serious health problems, including diabetes, heart problems and [reduced sexual function](#). The costs are personal and society-wide, as the health care system is burdened with more and more diseases that could have been prevented through better eating.

In other news this week, researchers have found that if you eat poorly, you probably can't simply exercise your way to a thin physique. They found that [obesity is caused mostly by poor diets](#). Exercise, long thought to be one way to battle the bulge, does not seem to have as much effect as diet. (Exercise remains a key to better health for many other reasons, from lowering risk of heart disease and some cancers to improving cognitive abilities.)

To say cheap food is bad for you is not the whole picture, however. Smart shoppers can buy nutritional food without breaking the bank. Kathleen M. Zelman offers [a host of tips](#) at WebMD, including:

- Watch produce prices. Out-of-season produce can cost a fortune.
- Frozen vegetables are often cheaper than fresh, and they don't spoil.
- Consider the nutritional value of food and don't buy soda and other things that are bad for you anyway. Substitute fruit for sweets.
- Pack a lunch rather than buying it. A home-made sandwich is cheap, and if made on whole wheat bread, much more nutritious than the average burger.
- Non-meat protein sources such as beans, eggs and tofu cost less.
- Buy in bulk and cook in bulk, then freeze portions.

Zelman also suggests planning meals and making a list before you shop so you don't overbuy.

Robert Roy Britt is the Editorial Director of [Imaginova](#). In this column, [The Water Cooler](#), he takes a daily look at what people are talking about in the world of science and beyond.

<http://www.livescience.com/health/080109-recession-obesity.html>

rends in the Well Being of Younger Children

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How are the kids doing? Pretty well, according to a new report unveiled at the New America Foundation on April 25th, but experts still have significant concerns about the future. The report, "[Trends in Infancy/Early Childhood and Middle Childhood Well-Being, 1994-2006](#)," was authored by Dr. Kenneth Land of Duke University and funded by the Foundation for Child Development (FCD) and is part of an on-going series of events and reports hosted by the New America Foundation designed to raise awareness about the status of children in the United States and spur meaningful action to improve their quality of life. The CWI seeks to measure the well-being of the "whole child," using seven different quality-of-life indicators: economic well-being, social relationships, health, safety and behavior, education, community connectedness, and emotional/spiritual well-being. This Special Focus Report investigated trends in well-being along three distinct periods in children's lives: infancy/early childhood, middle childhood (ages 6-11) and adolescence during the years 1994 – 2006. Fasaha Traylor of the Foundation for Childhood Development said that the groundbreaking work of the Child Well-Being Index Project is "fundamental to the nation's well being."

Dr. Land, the CWI Project coordinator, said the data reveals good news on several fronts: child mortality rates are down since 1994, as are the numbers of children with elevated lead levels in their blood and the number of mothers who smoke during pregnancy. More kids are enrolled in full-day kindergarten, which may contribute to the better performance of 9 year olds on reading tests. More kids are participating in extra-curricular activities, especially school-related lessons. Children overall are safer and fewer report that they fear being attacked while in school or on their way to and from school.

Amid the good news, however, there are some red flags. The study shows a 12.3 percent increase in the number of low birth weight babies. The number of children and toddlers who are overweight is up sharply, increasing their risk for type 2 diabetes and cardiovascular

disease.

Sara Mead, senior fellow in the Education Policy Program at the New America Foundation, added that while number of children in state-funded pre-kindergarten programs has grown impressively since 1994, the overall preschool enrollment has decreased slightly. She added that difficult economic circumstances, which affect children's families directly, can also put pressure on states' fiscally strained early childhood programs.

Public opinion polls show overwhelming support for federal and state policies that promote child well being, but most child-focused programs at the federal level have seen declining programmatic funds in recent, said Bruce Lesley of First Focus. Mr. Lesley quoted heavily from a new report recently released by First Focus called "[Children's Budget 2008](#)." Valerie Kaufmann, who directs early childhood programs for the Maryland State Department of Education, described the programs Maryland developed in recent years to successfully boost infant health and school readiness. Lauren Ratner, who oversees Family and Community Health for the [Association of State and Territorial Health Officials](#), gave a broader view of the inter-agency efforts underway at the state level to improve child health and academic performance. Ms. Ratner highlighted a variety of policy options available to and used by state legislatures and health officials to combat child health risks, such as those highlighted in the report.

Dr. Land closed the event with a note of caution. Just as the CWI indicators dropped during the 2001 economic downturn, he expects that they will decrease again in 2007 and 2008, as economic hardship once again puts pressure on families and the well-being of America's youngest citizens.

-Christina Satkowski, Research Associate for Education Policy

Start: 04/25/2008 - 10:00am

End: 04/25/2008 - 11:45am

New America Foundation

1630 Connecticut Ave, NW 7th Floor

Washington, 20009

United States

See map: [Google Maps](#)

Participants

Featured Speakers

- **Dr. Kenneth Land**
Coordinator, Child and Youth Well-Being Index Project
John Franklin Crowell Professor, Duke University

- **Fasaha Traylor**
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- **Sara Mead**
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- **Bruce Lesley**
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- **Valerie Kaufmann**
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- **Lauren Ratner**
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Association of State and Territorial Health Officials

Moderator

- **Rev. David Gray**
Director, Workforce and Family Program
New America Foundation

Related Links

- [Dr. Kenneth Land's Powerpoint Presentation](#) (PDF, 26PP)
- [Valerie Kaufmann's Powerpoint Presentation](#) (PDF, 16 PP)
- [Lauren Ratner's Powerpoint Presentation](#) (PDF, 19PP)
- [Bruce Lesley's Powerpoint Presentation](#) (PDF, 25 PP)

http://www.newamerica.net/events/2008/trends_well_being_younger_children