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Period  $\frac{3}{4}$   
January 30, 2017

## EBA #2

Unless you have been living under a rock, you should be aware that a lot of America's population is overweight, some being labeled as obese. Obesity has been on the rise in America for a good while now. Sadly, today's children are not safe. Childhood obesity is a major problem in our country, and that is why schools in our nation are beginning to make changes. Some schools want to ban the selling of junk foods, and replace them with healthier choices. However, there are some schools that believe banning junk food is not the answer we are looking for. The New York Times Upfront, by Richard J. Codey and John Dively, released an article titled, "Should States Ban Junk Food in Schools?". This article provides reasons as to why junk food should be banned. Additionally, Laura Wendling released an infographic called, "Childhood Obesity", stating the data and numbers behind the epidemics. I believe that schools should ban junk food, because most schools do not promote exercise all year, and many deaths are caused due to complications having to do with being obese.

To commence, most of our schools do not have or promote regular physical activity all year. This provides more reason as to why schools should ban junk food. The infographic tells us that "92% of elementary schools don't have year-round physical education programs (Source C)." Physical activity is a major factor in living a healthy lifestyle. If schools are not going to provide a program for physical education, they need to ban junk food. The students may not have exercise, but at least they will be eating healthier. However, for the schools who do offer physical education all year, often students do not participate. Source C explains that, "Less than

25% of high school students participate in daily physical education programs.” This is similar to what I formerly stated, in that students who do not exercise at school should at least be eating healthier. However, an overweight high school student has other risks besides their health. Suicide rates are higher amongst teenagers. The student may get bullied so much that they consider committing suicide. Although the schools may not promote physical activity, promoting a healthy diet can potentially help end childhood obesity, and save a life.

Furthermore, people in the U.S. are dying due to complications with being overweight. Poor eating habits begin at a young age, and that may lead to health complications in the future, and of course, possibly death. J. Codey elaborates on the fact that “ Nearly 300,000 people die each year from complications associated with being overweight (Source A).” I had some complications like this 2 years ago. At the time being, my doctor told me that I was almost diabetic, and that if I did not make changes, diet and exercise, I could have problems when I am an adult. I am fine now, but have I not changed at all, I would have diabetes. Schools banning junk food could help those children not become diabetic, and avoid the chance of death in the future. Children are in danger, because Wendling found that “today’s children will be the first generation since the great depression, projected to have a shorter lifespan than their parents (Source C).” This would cause parents to do whatever that can to treat their child’s conditions. Because of this, the U.S. will have spent \$344,000,000,000 on obesity related health care costs by 2018 (Source C). Junk food is one of the key factors in obesity, and schools may help by banning it altogether. Although some may argue that foods like fried chicken, pizza, and cheeseburgers will still be available to the students, they are still better food choices than chips,

candy and soda. Those snacks are a lot more addictive than regular foods, and kids would want to eat more of them. That is why schools should ban junk food.

In conclusion, I believe that junk food should not be sold in schools anymore. I stand by this because most schools in our country do not promote regular physical activity, and people are dying due to complications with being obese. Schools are a place for learning new things, such as math, science, reading, etc. However, schools should also promote and teach healthy living. Schools could put our children's lives at stake if something is not done about the junk food.