Due to high rates of obesity in the United States, increasing the consumption of fruits and vegetables among all age groups is a must. Specifically in school aged children, programs are becoming more prevalent introducing children and educating them on the benefits of fruits and vegetables. In this study from Wisconsin, students lunch trays were photographed to see before and after shots of their fruit and vegetable consumption compared to the rest of the tray. When increased levels of fruits and vegetables are consumed, rates of obesity are lower, this study illustrated that increased fruit and vegetable intake replaces but does not decrease total calories consumed at lunch. Meaning, students must fill their plate with nutritious food groups on top of their fruits and vegetables and this is at the hands of the food service providers. At a young age children need to be provided the proper tools to succeed, they have a hard time making appropriate decisions but fruits and vegetables are top of the list on each kids tray.


In recent years, children and adolescents physical activity levels have decreased dramatically leading to higher obesity rates. Figuring out where adolescents are most active throughout their neighborhood is the goal of this study. The idea is to better understand how they use the built environment which is the parks, sidewalks, recreation centers in the
neighborhood with the hopes of better promoting physical activity levels. Looking at children ages 11-14 in the Boston area, this study found that adolescents are only getting ⅓ of the recommended physical activity levels and prefer to get their activity outside rather than indoors.

Knowing this, when updating public places, making more outdoor activity spaces can help increase physical activity levels amongst adolescent.


Sugar sweetened beverages (SSBs) have been linked to childhood obesity due to the high caloric content. To combat this, New York City elementary and middle schools installed new water jets that provide immediate cold water in the cafeterias. Students then had an alternative free beverage choice as opposed to juices or milk in this study. In doing so, obesity levels may lower without the children even realizing they chose the zero calorie beverage option.

Comparing milk purchases to the water jet usage and students BMI, this study examined how drinking water lowers obesity levels. At the end of the study, both male and female BMI had decreased. Students subconsciously chose the free and healthier option without realizing it was helping them in the long run. Schools in the New York system have continued to install the water jets in school cafeterias to continue to support students in their healthy decision making.


Childhood obesity in recent years has continued to rise in the United States due to many different factors, in this article there are three in particular. One factor is genetics; obesity or a genetic disorder may run in the family leaving the child to deal with the issue for most of their life. Another factor is an individual's environment, lower income families and those who live further away from parks or live in unsafe neighborhoods sometimes have higher rates of obesity. The environment is another factor that is essentially out of a child’s control. If a family struggles to put food on the table or children cannot go outside and play because of safety, their chances of weight gain are higher. Lastly are behavioral factors, things like nutrition and physical activity, that are again out of a child’s control but can lead to obesity. The combination of these factors are all consistent with weight gain, and fall in the hands of the caregivers of the children. Providing children with a proper foundation will help them to succeed no matter their situation despite the lack of physical activity and healthy eating that goes on around the country.