

OPINION

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BY BEN DIB/
MINUTEMAN MEDIA

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Our Growing Health Crisis for Kids

We can prevent obesity in children
BY BERNICE POWELL JACKSON
There's a new threat to our children, which will shorten their lives.

I'm not talking about guns or people snatching them from the streets. I'm talking about obesity—the fact that our children, especially children of color, are too fat and are therefore reporting alarmingly high rates of the type of diabetes (Type II) normally found in adults.

This will mean that our children and grandchildren will face more complications from diabetes, including hypertension, blindness, kidney disease and earlier death. It also means they will be more susceptible to heart disease, colon, stomach and breast cancers, arthritis, infertility and strokes. And all of this is preventable.

Over the past generation Madison Avenue has found out that children are very susceptible to television advertising and fast food companies have targeted our children for special attention. This, coupled with the number of mothers now in the job market, has meant that more children are eating more junk food more often, more junk food and 25 percent fewer vegetables and fruit. In addition, more children are drinking soft drinks instead of milk and some school cafeterias have succumbed to preparing the high calorie, high fat, low fiber foods that children crave.

At the same time, as children watch more and more television, they are less likely to exercise. Those who sit at computers also are not moving. And many school districts, facing financial difficulties, have cut back on physical education classes.

All of this means that our children, especially children of color, are in real danger.

Exercise regularly with our children and grandchildren (it won't hurt our health either). Get our churches, mosques and temples to start exercise programs for our youth. Limit the amount of television our children watch each week. Get our schools to get rid of soft drink machines and get healthier foods in school cafeterias and make sure

Stop feeding our children junk food, high carbohydrate diets and soft drinks and instead feed them more vegetables, fruits and milk.

According to the American Diabetes Association, children as young as four are now being diagnosed with diabetes and the disease is approaching epidemic proportions in our teens. Many of the teens that now have diabetes have diseases once reserved for older Americans such as high blood pressure and high cholesterol.

This can all be prevented. Stop feeding our children junk food, high carbohydrate diets and soft drinks and instead feed them more vegetables, fruits and milk.

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This can all be prevented. Stop feeding our children junk food, high carbohydrate diets and soft drinks and instead feed them more vegetables, fruits and milk.

That recess and physical education is back in the school day.

Type II diabetes could become the most dangerous disease to attack our children since polio. There's not a vaccine that can prevent this disease, but there are lifestyle changes that can. It's up to us. For the sake of our children and our children's children. Let's get busy.

Bernice Powell Jackson is the executive minister for justice and witness ministries for the United Church of Christ.



REACH

Racial & Ethnic Approaches to Community Health
A program of the African American Health Coalition, Inc.
Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH Activity Calendar

All classes are free of charge!

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott		Stretching/Body Sculpting 7-8am Lois		Stretching/Body Sculpting 7-8am Lois		African Dance 10:00-11:00am Addo
Salvation Army 5325 N Williams	Salsa 6:30 - 7:30pm Henry	Water Aerobics CLASSES FULL Waiting List Available	Tai Chi 6:30 - 7:30pm Lyles	Water Aerobics CLASSES FULL Waiting List Available		
Wild Oats Market 3535 NE 15th		Yoga 7:30-8:30pm O'Rourke		Yoga 7:30-8:30pm O'Rourke		Body Conditioning 9:30-10:30am Nickerson
Peninsula Park 700 N Portland						Walking Group 12:30pm Woods
Mallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 6:00 - 7:00 AM Pierce 5:30-6:20pm Granville 6:30-7:30pm Nickerson	Aerobics 6:00-7:00pm Keller Moves to Humboldt Elementary on 1/5/04	Aerobics 6:00 - 7:00 AM Pierce 5:30-6:20pm Granville 6:30-7:30pm Nickerson	Aerobics 6:00-7:00pm Keller Moves to Humboldt Elementary on 1/5/04	Aerobics 6:00 - 7:00 AM Pierce 5:30 - 6:20pm Granville 6:30-7:30pm Nickerson	
Whitaker Track 42nd & Killingsworth		Wt. Management/ Conditioning 9:00 - 10:00am Hasan	Wt. Management/ Conditioning II 6:00 - 7:00am Hasan	Wt. Management/ Conditioning 9:00 - 10:00am Hasan		
Humboldt Elementary 4915 N. Gantenbein		Aerobics 6:00-7:00pm Keller Begins 1/5/04		Aerobics 6:00-7:00pm Keller Begins 1/5/04		
Daniel's Memorial Church 12th & Killingsworth		Low Impact Aerobics 7:15 - 8:15pm Granville				

**Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class.



African American Health Coalition, Inc.
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Taxation Without Representation

Congress treats majority black city unfairly



BY U.S. REP. ELEANOR HOLMES NORTON
After 40 years of civil rights laws, are Americans throughout our country equal? The answer may surprise you.

Some Americans stand out as far less equal than others. Surprisingly, these Americans live closest to the seat of American democracy. They are the citizens of the District of Columbia, our nation's capital.

Polls show that most Americans think D.C. residents have the same rights as other Americans. However, the citizens who live in the nation's capital have no senators and their house representative cannot cast a vote for them on the floor of Congress. Yet, D.C. residents pay more than any state except Connecticut in the taxes they pay to support our government.

At this moment, D.C. residents

are fighting and dying in the wars in Iraq and Afghanistan as they have in every war our nation has fought, beginning with the Revolutionary War — the one fought to eliminate taxation without representation.

The frustration of living with unequal rights is especially cruel when few Americans even know about it. D.C. residents are certain that Americans would never con-

done unequal treatment for any Americans, especially Americans who fight our wars and pay their taxes.

To inform the country of their undemocratic predicament, the District will hold its own first-in-the-nation primary on Jan. 13. The vote will demonstrate to the world the untold story that stains our democracy — that residents of the nation's capital are America's last second-class citizens and to ask for the help they need.

D.C. is a majority black city, but all who live there are equally unequal. The Congressional Black Caucus and our congressional allies have endorsed the No Taxation Without Representation Act to give D.C. residents equal representation in Congress.

E-mail or phone your Senators and Representatives. Tell them you will be watching to see if they sign on to cosponsor the bill to assure democracy at home first.

U.S. Rep. Eleanor Holmes Norton is from Washington, D.C. and is a member of the Congressional Black Caucus.