

## Project 1 Primary and Secondary Research (30 points)

My proposed topic is about a major epidemic that hasn't received much media attention but its effecting all the children across the country. More specifically, my kids in our local school district. Many studies have shown that drinking sugar-packed soft drinks can impede your growth and cause detrimental health issues but even with this knowledge, our local school is still offering our kids juice packs as part of their lunch program. Even worst, in some middle and high school, the kids have access to vending machines with access to sodas. This has to stop. Obesity is a disease that can be prevented and with the knowledge we have now, its time to share the news and stop this nonsense. We have a better alternative.

### Sources

1. ASU Library - Childhood obesity: affecting choices (The Lancet [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(10\)60247-4/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60247-4/fulltext))
2. ASU Library - American Heart Journal (AHJ [http://www.ahjonline.com/article/S0002-8703\(10\)00888-4/abstract](http://www.ahjonline.com/article/S0002-8703(10)00888-4/abstract))
3. ASU Library - Harrington, S. (2008). The Role of Sugar-Sweetened Beverage Consumption in Adolescent Obesity: A Review of the Literature. Journal of School Nursing, 24, 3-12. <http://web.a.ebscohost.com.ezproxy1.lib.asu.edu/ehost/pdfviewer/pdfviewer?vid=1&sid=00efad5c-2a31-4236-95f7-da7f8f6f71d4%40sessionmgr4009>
4. ASU Library – The New England Journal of Medicine <http://www.nejm.org.ezproxy1.lib.asu.edu/doi/10.1056/NEJMp1409353>
5. The JAMA Network <https://jamanetwork.com/journals/jama/fullarticle/1845186>

### Protecting Progress against Childhood Obesity – The National Lunch Program – The New England Journal of Medicine

#### Summary:

The article from The New England Journal of Medicine focuses on 2008 study about National Lunch Program. This study has found that lunch programs throughout the country is lacking proper nutrition for the kids and is causing our kids to be obese. “Children ate more than 500 excess calories from solid fats and added sugars per day.” (Protecting Progress against Childhood Obesity, 2-14)

#### Justification & Credibility:

The article was published by a well-known medical journal that has history of releasing well researched journal. This particular article was written and researched by several doctors. This particular article provides relevant information about our current lunch program and the issues we have across the nation.

The journal provides concrete evidence backed by statistics and data that was provided other organizations such as Department of Pediatrics, Boston Children's Hospital and others.

#### The Impact of Public Schools on Childhood Obesity – The Journal American Medical Association

##### Summary:

Article describes the current state of our public school's lunch program and the direct effect on our kids health. Over 30 million students are part of National School Lunch and Breakfast Program and the program is hurting our kids to be obese due to lack of knowledge and planning.

##### Justification & Credibility:

The source is from an accredited publication that hosts other medical research and shares them amongst other medical professionals. This article references other sources for statistics and findings.

This article contains information that can show that current and past lunch programs haven't been successful and its ultimately hurting our children.

#### Childhood Obesity: affecting choices – The Lancet

##### Summary:

Childhood obesity crisis has reached a new level and has finally received some much-needed attention from the Obama administration. The article goes into details about our current school lunch program for our children and how it's affecting our children's health. It also speaks to the importance of parents being involved in choosing the right food for our children.

##### Justification & Credibility:

Independent medical journal that focuses on general medical finding and utilizes other researches to back its data.

This journal covers the current crisis and the recognition from the previous administration and the attempt to address the needs. It discusses matters about possible solution to solving this issue.

#### Health status and behavior among middle-school children in a Midwest community: What are the underpinnings of childhood obesity? – American Heart Journal

##### Summary:

American Heart Journal conducted study on childhood obesity on 1000 sixth graders. The numbers were stunning and quite shocking. The study shows that 15% of the sixth graders were considered obese and the study directly ties to school lunch consumption.

Justification & Credibility:

This article was written and collaborated by list of doctors and it also references other studies and books.

This article is particularly interesting and critical because it provides concrete evidence between school lunch program and childhood obesity.