

# The 2 minute Drill

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*The Mission of The Center For Kids FIRST in Sport, Health, & Education is to keep all kids physically active, healthy, and playing for life. This newsletter is one of our tools to educate and inform kids, parents, teachers, coaches, and other interested adults about the effects of youth sports, exercise, and nutrition on our children and our culture.*

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## Obesity on my Mind

Each year obesity and weight-related illnesses kill an estimated 400,000 Americans. 5.3 million children and adolescents between the ages of 6-17 are overweight or obese. That's something to be concerned about.

## PE and our Schools

Nationally, only 29% of high school students had daily physical education in 1999, down from 42% in 1991. Most states have dropped the requirement all-together, and by 1999, only 61% of all students K-12 had gym class at least once per week. PE classes have been dropped from the curriculum because of budget cuts, ineffective PE classes that just kept kids busy, a focus on basic education, and other political agendas.

## Condemned by the Food Chain

Almost 90% of Americans will live shorter lives because of the food we eat. That's right! Furthermore, there isn't much we can do about it when most of the food we eat is full of additives, fat, sugar, and salt. One of the reasons 61% of American adults are overweight or obese is the food we eat, and it doesn't just come from fast food restaurants.

## Super Size it!

Numerous studies indicate that Americans are eating twice as much per meal as before. That holds true for portions served at regular restaurants, fast food establishments, and home cooked meals! This is a very simple formula that everyone can understand: ***too much food + food that is unhealthy) + inactivity = illness and even death.***

## Bet You Didn't Know

McDonald's spends 1,000 times more on advertising each year than the federal government spends on promoting good nutrition. The food industry spends \$2 billion a year persuading children to eat calorie-dense foods full of fat and sugar. The federal government spends \$1,500 per person treating disease and about \$1 on prevention. Disease treatment has added 5 years to our lifespan in the 20<sup>th</sup> century, while public health and prevention programs have added 25 years!



### Behind The Scenes

Nationally, less than 20% of high school students are involved in h.s. sports.