

Obesity Prevention in Pediatrics

*Free at Last! Free at Last!
Thank God Almighty, I am
Free at Last!*

—Reverend Dr. King¹

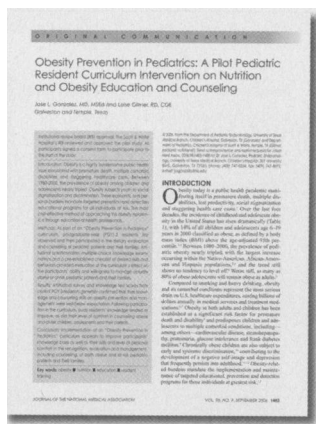
We know that things are getting better when we learn that our “Cookie Monster”^{2,3} is now eating healthily—no longer limited to actually just eating cookies.⁴

“Our Healthy People 2010 Report, while naming ‘reducing obesity’ in children and adolescents as one of its main objectives, distinctly acknowledged that prevention is ideally best effected through combined family and patient education efforts within both the community and the healthcare setting.”⁵

In a previous issue of *Journal of the National Medical Association*, our outstanding Texas Agriculture and Manufacturing [Texas A&M] Temple Texas Pediatric Residency Team of the Scott and White Clinic⁶ well documented their method—that needs to become our method—of approaching our obesity epidemic by and with the education of our healthcare provider professionals.

The Reverend Dr. Martin Luther King, Jr. endorsed, “The essential tragedy of violence is that violence begets violence, producing an ever downward spiral into a night already devoid of stars.”⁷

- We believe that the Reverend Dr. King, in his wisdom, knew and knew well that our ethnic children and adolescents suffer with obesity.
- We believe that King would enthusiastically allow us to substitute obesity for violence in his words.
- We believe that King would approve of the leadership, wisdom and foresight of our [Texas A&M] Temple Texas Pediatric Residency Team of the outstanding Scott and White Clinic.



- We believe that King would truly want our ethnic children and adolescents to be free of their obesity at last!

Disclosure: The author wishes to disclose that he himself is ethnic—specifically, he is “Eastern European American Caucasian”—and that he was previously obese, that then he manifested diabetes, that he took insulin for a time, and that he is now down to the weight at which

he himself left active military service in the Far East. He is reasonably physically fit and has achieved tight control of his diabetes disorder. Nevertheless, he fully anticipates his eventual return to insulin.

*Joshua Bernard Grossman, MD, FACP
drjosh@charter.net*

REFERENCES

1. Inscribed on the Memorial Marker–Gravestone of the Reverend Doctor Martin Luther King Jr.
2. A Muppet—actually created by Mr. Jim Henson (1936–1990) by combining the words “marionette” and “puppet”. The Cookie Monster may well be viewed on Public Television: the children’s show “Sesame Street.”
3. <http://en.wikipedia.org/wiki/Muppet>.
4. Professor of Pediatrics, William H. Dietz, MD, PhD, Audio-Digest Pediatrics, “Childhood Obesity,” Volume 52, Issue 02, 2006. From the 27th Annual Las Vegas Seminars: Pediatrics Update presented November 15–20, 2005 by our American Academy of Pediatrics, California Chapters 1–4.
5. U.S. Department of Health and Human Services, Healthy People 2010, Goals 5, 19, 24. www.gov/healthypeople. Washington, DC: 2000.
6. Gonzalez J, Gilmer L. A Pilot Pediatric Resident Curriculum Intervention on Nutrition and Obesity Education and Counseling. *J Natl Med Assoc.* 2006;98:1483-1488.
7. Quotation attributed to the Reverend Dr. Martin Luther King, Jr.

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