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## Childhood Obesity

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Childhood obesity is an epidemic in the United States. In 2012, more than one-third of children and adolescents were overweight or obese (Centers for Disease Control and Prevention, 2014). Studies have suggested that obesity is greater in the low-income population than in higher income individuals (Wang, 2006). The literature review has provided evidence that suggest, Hispanic mothers contribute to the rising rates of childhood obesity due to parenting and Hispanic traditions. Although there are interventions created and being created to reduce the high rates of childhood obesity, there are still gaps in interventions that are culturally tailored for Hispanic mothers.

Based on learning about the gaps in interventions I am developing a 6-week workshop curriculum for Hispanic mothers to help prevent childhood obesity. The goals of the program are to provide education and support in a culturally tailored environment that allows mothers to make changes in their children's lifestyles to reflect healthier behaviors while maintaining cultural relevance.

#### Work Cited

Centers of Disease Control and Prevention. Adolescent and School Health: Childhood obesity facts. Retrieved from <http://www.cdc.gov/healthyyouth/obesity/facts.htm>. November 5, 2014.

Wang Y, Zhang Q. Are American children and adolescents of low socioeconomic status at increased risk of obesity? Changes in the association between overweight and family income between 1971 and 2002. *Am J Clin Nutr* 84:707-16. 2006.

