

Schools should fight obesity

EDITOR: As schools reopen for a new term, there is a need for school administrators, parents and teachers to pay more attention to the growing problem of obesity and unhealthy lifestyles among learners. Many children today are eating unhealthy foods, consuming too many sugary drinks and spending most of their time on phones, televisions and computers, instead of engaging in physical activities. This unhealthy trend is exposing children to obesity and other health complications at a young age. Some learners become tired easily, lose confidence and even struggle to concentrate in class because of poor health habits. If this challenge is ignored, it may affect the future well-being and productivity of many young people.

Schools should, therefore, promote healthy eating habits by encouraging balanced diets and discouraging the sale of junk food within school compounds. School canteens should provide nutritious meals, fruits and clean drinking water, instead of highly processed snacks and soft drinks.

Physical exercise should also be taken seriously in schools. Learners should be encouraged to participate in sports, athletics and other outdoor activities on a regular basis. Physical education lessons should not be neglected because exercise helps children remain healthy, active, disciplined and mentally alert.

In addition, schools should teach learners about the value of healthy living, proper nutrition, personal hygiene, and the dangers of unhealthy lifestyles. Such knowledge can help children develop good habits at an early age and reduce lifestyle-related diseases in the future.

Parents also have a major role to play by preparing healthy meals at home and encouraging children to exercise during holidays and weekends. Promoting healthy living should be a shared responsibility between schools, families and the community.