Preventing childhood obesity

The Arnold Childhood Obesity Initiative focuses on increasing physical activity and healthy eating among school-aged children. The emphasis of this work is on instilling healthy habits in children to promote healthy aging throughout the lifespan.

Current novel research efforts at USC include understanding:

i. helping children consume healthful foods and beverages to meet the Dietary Guidelines for Americans.

ii. Scale down http://www.scaledown.org/ to promote the South Carolina Obesity Action Plan, a tactical plan that aims to build on the success of previous efforts and offers new strategies to reduce obesity rates in the Palmetto State.

iii. Local policies for improving the school food environment in South Carolina