

## Letters to the editor: Land use, smart meters, childhood obesity

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### Fight childhood obesity

The Oregonian's article "Weight watchers" highlighted the growing problem of child obesity (Jan. 3).

At the YMCA of Columbia-Willamette we think a focus on obesity, which is an unprecedented health crisis, is critical. And it starts with our kids. Children should learn at an early age how to make good, healthful food choices and be active every day.

Each day at our YMCA, 1,200 children in our 15 child-development centers are active in our Creative Curriculum, which includes music and movement and encourages outdoor activities.

A Healthy Habits component provides kids with lessons that emphasize smart eating choices, including getting enough servings of fruits and vegetables daily.

Healthful lifestyles and healthy living for people of all ages in our local communities begins with children and families. We invite you to aspire to, model and celebrate healthy living in all that you do.

JAMA LEE

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