

Published on *National Catholic Reporter* (<https://www.ncronline.org>)

September 25, 2009 at 11:15am

Teach young healthy eating habits

by Tom Gallagher

NCR Today

With child obesity off the charts and reaching epidemic proportions - just look around the next time you visit Disney World, teaching young people how to eat well is critical.

The Johns Hopkins Bloomberg School of Public Health points out that a kid's peers influence eating habits and that the only defense is teaching good habits at home.

Source URL (retrieved on 04/20/2018 - 9:37pm): <https://www.ncronline.org/blogs/ncr-today/teach-young-healthy-eating-habits>

Links:

[1] <https://www.ncronline.org/forward/join?clickSource=end-article>

[2] <https://www.ncronline.org/node/160616>