

How to help stem the tide of obesity

Juliet Sims, Oakland
(San Francisco Chronicle, August 22, 2009)

Re "Obesity - whose fault?" (Letters, Aug. 19):

Despite disagreements over politics, everyone agrees that the world we live in now makes it easier to be unhealthy than healthy. With fast food on every corner, and affordable, fresh, healthy food often in scarce supply, things really have changed in the past few decades.

Soda is a big part of the problem. What used to be considered a treat for special occasions is now sold in virtually every store and vending machine, in ever-increasing bottle sizes.

Soda companies aggressively market their products to children with the intent to get kids hooked early.

If we're to stem the tide of chronic disease, we've got to prevent its onset in the first place. A tax on soda is an important part of the solution.

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Original Article

“Obesity - whose fault?”

Enzo Baker, San Francisco
(San Francisco Chronicle August 19, 2009)

In Carolyn Lochhead's article on obesity ("Obesity's heavy toll on medical expenses," Aug. 16), she stated, the "obesity epidemic took hold over just one generation."

Seems like this short-term coincides with the sloth brought on by the computers, video games and other electronics explosion and not with drinking of soda or eating of snacks or fast food, which has gone on for many generations.

Therefore, there is no need to have an oppressive tax on soda or government interference in or regulation of our food habits.

Shorter work days, not eating lunch at the desk, more vacations, shorter school hours, less homework and more non-adult-supervised free play for kids will solve the problem, not more nanny government.

ENZO BAKER San Francisco