

Schwarzenegger and Clinton Fight Fat

Political leaders host California summit on childhood obesity.

02/25/2010

1. It is estimated that obesity is costing California nearly

- a. \$150 million a year.
- b. their entire state budget in health care costs.
- c. \$50 billion a year.
- d. thousands of lives.

2. How many children in California are obese or overweight?

- a. 1 out of 3 children
- b. 2 out of 5
- c. 4 out of 10
- d. 20%

3. How many adults are obese or overweight?

- a. 20%
- b. 2 out of 5
- c. 50 million
- d. 1 out of 3

4. According to former president Bill Clinton, the "real cost" of obesity is

- a. half of our government's budget.
- b. that it is killing us.

c. a less productive life.

d. unhappy lives.

5. To encourage a healthier life, California pledges to offer

- a. free healthy lunches.
- b. free drinking water
- c. free counseling and weight management programs.
- d. free low calorie snacks at schools.

6. California is also pledging to make sports drinks

- a. healthier.
- b. cheaper and better for you.
- c. banned from school.
- d. free to all who participate in afterschool exercise programs.

7. California school must get kids to exercise at least

- a. during 50% of their Physical Education classes.
- b. after school.
- c. during the summer months.
- d. on their own for their own sake.

8. California is urging communities to become

- a. more Fitness orientated.
- b. less reliant on cars and more on walking.
- c. involved in getting kids thinner.
- d. tax-friendly to fitness business and activities.

9. Obesity is a problem that is related to lower

- a. spirits and depression.
- b. expectations and goals.
- c. birth rates.
- d. quality-of-life issues.

10. If trends continue, for the first time in American history, young Americans might be

- a. fatter than ever before.
- b. more ill and dependant on medications.
- c. living shorter life spans than their parents.
- d. fewer, with the population decreasing.