

REP. CASTLE QUESTIONS RICHARD SIMMONS IN HOUSE EDUCATION COMMITTEE -- July 25, 2008

Fitness Expert Shares Castle's Goal to Reduce Childhood Obesity, Improve Child Nutrition

Washington, DC - Rep. Mike Castle participated in a U.S. House of Representatives Education and Labor Committee Hearing entitled "The Benefits of Physical and Health Education for Our Nation's Children". At the hearing, a panel of expert witnesses highlighted the growing need for improved physical and health education in schools.

Among the panelists was fitness and health advocate Richard Simmons who spoke passionately about his own personal experiences and the importance of incorporating physical activity into the school day. Rep. Castle asked Mr. Simmons for his suggestions on how teachers, parents, and legislators can take steps toward meeting this initiative. The video of this question may be viewed [here](#).

"One out of three children in the United States is overweight and childhood obesity rates have tripled since 1980," said Rep. Castle. "This growing trend has led to serious medical problems including a growth of type 2 diabetes in children which, in the past, had been a problem associated primarily with adults. Providing kids with a basic knowledge of nutrition and exercise can reverse this trend."

Rep. Castle was the author of legislation to reauthorize school lunch and child nutrition programs in 2003 and is a co-chair of the Congressional Diabetes Caucus.

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