

Part A : Summaries of Project Request

Professional summary

Childhood obesity has become one of the most prominent public health concerns in the United States. Numerous studies have documented the dramatic rise in obesity and overweight in both adults and children. Many schools in the United States recently have reduced physical education requirements, in an effort to increase students' academic performance. However, it is indicated in recent studies that physical activity might be beneficial at all stages of life, early intervention might be important for the improvement and/or maintenance of cognitive health and function throughout the adult lifespan. Obesity is believed to cause low self-esteem and depression, resulting from overweight concerns. This psychological consequence may affect other aspects of children's lives, such as academic performance. These obesity and lower academic performance issues are more severe in Hispanic and Black society as compared to White population. Therefore, we concluded from previous studies that physical inactivity and lower self-esteem from overweight may have negative influence on academic performance. Since obesity and lower academic performance problem in Hispanic students are more serious as compared to white population, we will investigate whether academic performance will be influence by physical inactivity and body composition in Hispanic elementary students living in Laredo, TX.