

# Readers' Forum

## To The Editor:

It is incredible that we should be addressing the problems of overweight and obesity and be concerned that they are now of epidemic proportion. The July/August issue of the Journal has done a major service in bringing to the attention of all concerned just how pervasive the problem is. As noted by many of the authors, a "cure" for this epidemic will not be easy. Yet, one must be obtained. The impact of each overweight person on the healthcare system, both in terms of their own health and the cost in dollars needed to provide their care, cannot be ignored.



Thank you for providing this most timely issue. And thank you, too for honoring one of North Carolina's most effective and passionate leaders in the fight to provide better health, better resources, and better information for the care of our children. Tom Vitaglione is truly a gift to us all.

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## Eat Smart, Move More Health Tip



# Prepare More Meals at Home

All of us can benefit from eating more meals at home. Healthy meals can be quick, easy and inexpensive. Home-cooked meals also bring families together. Try using the "rule of thirds." Fill two-thirds of your plate with fruits, vegetables and grains and one-third with meat. Busy families can reduce preparation time by using simple, healthy recipes and by getting the family involved.

For more tips on how to prepare meals where you live, learn, earn, play and pray, visit

[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

