Family Health Fair at the Garcia Center to Educate Parents on the Importance of Nutrition and Exercise for Their Children

CORPUS CHRISTI, Texas – The College of Education at Texas A&M University-Corpus Christi will co-sponsor the fourth annual Family Health Fair on Saturday, March 6, from 10 a.m. to 2 p.m. at the Antonio E. Garcia Arts & Education Center at 2021 Agnes St. The event is free and open to the public.

The fair, designed to encourage healthy, active family lifestyles, will include demonstrations of nutritious recipes geared toward kids’ tastes, health screenings geared toward adults, and opportunities to interact with local health-related community agencies. The event was conceived by Garcia Center Director Dr. Robert Garcia, County Commissioner Betty Jean Longoria and Corpus Christi Food Bank Director Bea Hanson as a way to educate parents about the importance of nutrition and exercise in their children’s lives.

“These types of events are extremely beneficial,” said Garcia. “With obesity rates on the rise, the importance of regular exercise and proper nutrition needs to be stressed to our community. The benefits of regular exercise and proper nutrition include improved health, increased muscle strength, reduced cholesterol levels, reduced blood pressure, and reduced risk of major illnesses such as diabetes and heart disease.”

According to the 2003-2004 National Health and Nutrition Examination Survey from Centers for Disease Control, about 17 percent of children and adolescents ages 2 to 19 are overweight. Between 1988-1994 and 2003-2004, overweight children ages 2 to 5 increased from 7.2 to 13.9 percent and overweight children ages 6 to 11 increased from 11 to 19 percent. During the same period, overweight adolescents ages 12 to 19 increased from 11 to 17 percent.

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The Antonio E. Garcia Arts & Education Center is a department of Texas A&M University-Corpus Christi’s College of Education. Other event participants include Texas A&M-Corpus Christi’s Early Childhood and Nursing Departments, Corpus Christi Food Bank, Driscoll’s Children’s Hospital, and other health-related community agencies. For more information, call 361.882.7837.

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