Letter to the Editor: Healthy eating should become a priority in NC

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In late February, the North Carolina Alliance for Health released a poll that shows people in our state view unhealthy eating and childhood obesity as the most serious problems facing children in the United States. Unhealthy eating by kids is a real problem. The result of this poll makes me alarmed about my future and those of my peers; it’s obviously time to do something.

This poll also found that 70 percent of North Carolina registered voters support the creation of a Healthy Corner Store Initiative as a way of reducing the state’s childhood obesity epidemic. This initiative would improve the affordability and availability of healthy foods within areas where there is limited access to grocery stores. Not only would this initiative remove a barrier to healthy eating, but it would also create new business opportunities. If our focus also includes healthy foods grown or produced in North Carolina, the state could realize a triple win in terms of its health, economic growth for farmers and community revitalization.

In our state, most people agree state and local governments should provide initiatives to encourage neighborhood stores to stock healthy foods. And, according to this poll, most people believe unhealthy eating and childhood obesity are serious problems. This clearly shows it is time to start doing something about the lack of access to healthy foods in our state instead of just talking about it.

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