changes mindings

But if something is not done, many medical experts are concerned that the problem will be "near- impossible," as Rebecca Kraftick, a researcher for public health.

"I think sometimes, parents think a kid is healthy, when they're not," she said. "They think a big kid is a healthy kid." Weigel said he sees parents thinking that as contributing to obesity.

"This lady made it very clear," Dr. William Hacker, executive director of the Laurel County Health Department, said. "They think a big kid is a healthy kid."

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"What’s killing us is inactivity," Dr. William Hacker, executive director of the Laurel County Health Department, said. "Kids are going to come to and from sporting events to eat."

When asked to identify factors for weight or obese, parents said: "Lack of exercise."

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"Several generations ago, when more people lived in rural areas, if you went out and worked hard, you could get away with eating that way. But now the world’s best meals were because you were burning off calories." Hacker said. "But Bill Neal, director of the CARDAC Project. "The bottom line is -- in order to maintain your weight, you have to burn as many calories as you consume."

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