

July 15, 2008

Chicago Tribune

To the Editor:

Your editorial in the Sunday, July 13, 2008 edition entitled Kids and Statins is right on the mark. This is the time to move forward and actually do something to prevent the problem of childhood obesity and all of the health problems associated with it. Nutrition in our schools can be improved by banning trans fats, a step some school districts have already undertaken. Trans fats increase serum cholesterol and increase the risk for cardiovascular disease. State Senator Donne Trotter has introduced a bill in the General Assembly to ban trans fats in foods served in public school cafeterias. This bill is now in the House. I encourage citizens interested in doing something concrete about this issue to contact their State Representatives to urge them to support this bill.

La Shawn K. Ford

State Representative – Eighth District